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REMEDIES























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# tents





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FIND INSPIRATION AND DESIGN IDEAS

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AVAILABLE AT

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# between friends



# big ideas for small spaces

Recently, my social media feeds have been full of photos of truly tiny houses, those 200- to 400-square-foot cottages that offer a complete living environment in less space than some living rooms. While it's unlikely I'll ever own one, I find these little jewels fascinating. How does someone live day in and day out in a camper-size space? Or pare down belongings to fit in a cupboard or two?

These micro homes challenge our notion of "enough" space. So, I hope,

will this issue. We introduce you to home lovers who—for sustainability, affordability, or personal preference—found their balance in smaller spaces. Not the wee-cottage-on-wheels sort of small, but the real-life small you can find in cities everywhere. The mini-est is a 564-square-foot live/work studio. The largest, a 1,730-square-foot new home for a family of four, is still about one-third smaller than today's average new home.

As you browse, I doubt *small* will be the first thing you'll see—not just because the camera exaggerates size but also because every home expresses the larger-than-life personal style that comes from confident design. Rereading these stories, I'm wowed by the consistent themes: Micro-plan the function. Choose colors and finishes that flow. Add surprises. Edit your possessions.

I'm taking that last piece of advice in my own very average-size home. My husband and I have accumulated more things than we have space to house. Over the summer, we've set aside a few hours each weekend to rebalance. We've instant-messaged our daughters dozens of times to ask, "Save, ship, or donate?" We've mailed old tapes and photos off for digital conversion. And on the heels of paring down, we're working our way through our less-productive spaces, assigning new function and organization to every drawer and piece of furniture (following Kelly Keiser's excellent drawer tip on page 104).

It's the perfect summer project: no deadlines, no pressure, and surprisingly refreshing. We're already enjoying the lightness of less—a great feeling, whether your home is tiny, or grand, or the just-right in-between.

Gayle Goodson Butler, Editor in Chief



# our website is easier than ever!

Our latest makeover project wasn't a home or a room—it was **BHG.COM**. If you haven't visited our site lately, click on over to see what's new.

FRESH LOOK Our simple, sleek new design puts the emphasis on the beautiful photos you love. You'll also find fresh colors for a whole new look and feel.

# **QUICKER NAVIGATION**

Browsing and scrolling are simpler, for a smoother overall experience. You can find, pin, and share what you want in fewer clicks.

MORE UPDATES We're refreshing our home page every single day. Missed a day? It's easy to scroll back and find a week's worth of updates.

# **BETTER MOBILE EXPERIENCE**

Now the site is just as easy to use from your tablet or phone as from your computer. On small screens, photos show up larger so you don't have to wait until you get home to enjoy them.

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# AWARD-WINNING PEONY TRIO

Each year, the American Peony Society awards plants with "outstanding excellence and performance." We've gathered three of our all-time favorite gold medal winners to star in your garden. Our trio includes one each of bright red Kansas (1957), coral-peach Coral Charm (1986), and blush-white Moonstone (1959).

ORDER NOW
Call White Flower Farm at 800/420-2852
and refer to code BHS16 or order online at BHGGardenStore.com. Item GM083607, \$39.95 per trio plus shipping. Your bare-root peonies will be shipped at the proper time for fall planting. Recommended for Zones 3-7.

# our picks

# **DINNER UNDER \$3**

Our most popular collection of recipes ever. Browse our how-to videos for healthy dinners that are easy on the budget.

BHG.com/Healthy3

# **BEAT THE HEAT!**

Keep your garden gorgeous with these drought-tolerant perennials that can withstand the toughest of temps.

BHG.com/DroughtTolerant

# **NO-MONEY DECORATING**

The path to a new look might already be in your house.
See 20 ways to decorate with what you own.
BHG.com/NoCostDecor

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Freezie does it Inspired by the sophisticated freezer pops at spots like LocoPops in Durham, North Carolina, and People's Pops in Brooklyn, we're chilling our own tasty twists. Grab a pack of Zipzicle ice-pop pouches (\$3.99 for 18; zipzicles.com), and mix up a batch of minty peach or cucumber watermelon. Find our five spins: BHG.com/SummerPops

**Bright idea** Put all that dog-day sunshine to crafty use. Old school: Sun-print silhouettes of leaves and flowers. New school: The Lumi Inkodye photo printing kit lets you use the sun's rays to print pics onto natural fabrics. Hello, custom vacay Ts. \$39.95; thegrommet.com

**Stream on** No ticket? No problem! Three-day rock festival Lollapalooza is live-streaming straight to your Roku, Apple TV, even smartphone. Tune in July 31-August 2. lollapalooza.com

Joe cool What's better than iced coffee? Practically instant coldbrew java and a shot of mint syrup. Bean Bags; gradyscoldbrew.com

Kick it up Classic Chucks have entered the DIY age with Converse's easy customization tool. Just pick your colors and patterns for sneakers that are as original as you are. \$75; converse.com

# **AUGUST 15**

Meditate on this: Mellowing out can be good for your health. On National Relaxation Day, take a siesta from stress-kick back, lie out, sit down, soak up, and rest easy.

# **Just cause**

You'll be sipping pretty and doing some good with Miir's stylish bottles. For every one purchased, a year's worth of clean water is provided to a person in Southeast Asia or Africa. \$25 each for a 27-oz. bottle; miir.com







# the happy moviegoer Mr. Holmes

Cumber-who? Ian McKellen owns an aged Sherlock Holmes, who's retired to the English countryside, where he tends bees, struggles with a fading memory, and, naturally, solves one last case. Just the right mix of bitter and sweet, with a sunny Sussex view. With Laura Linney. In theaters July 17.

# WHO KNEW?

Turns out, actual saltwater in your saltwater taffy is a total stretch. If you're looking for savory with that sweet, try Salty Road taffy, made with large-grain sea salt. thesaltyroad.com



# shelf life

Get the last laugh out of summer with these seriously funny novels.



A Window Opens by Elisabeth Egan (\$26; Simon & Schuster) A modern-day mom leaps at the chance for a do-over; hilarity ensues.



A Field Guide to Awkward Silences by Alexandra Petri (\$25.95, New American Library) This WashPo writer's many misadventures are entirely our gain.



Man at the Helm by Nina Stibbe (\$25; Little, Brown and Co.) One majorly eccentric family tries to save itself from total dysfunction.



# Sleep like a rock.

The non-habit forming sleep-aid from the makers of NyQuil.™ Sleep easily.
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Use as directed for occasional sleeplessness. Read each label. Keep out of reach of children. © Procter & Gamble, Inc., 2014



A big pitcher of water gets the spa treatment when you add a handful of bright, edible flowers. Combine 3 cups water or club soda with 1 cup pesticide-free marigolds or roses (find edible flowers at gourmetsweetbotanicals.com). The flower water can be chilled up to 2 days; if kept cold, club soda's fizz will last 3-4 hours.







# BOISE, ID

POPULATION: 214,237

Potatoes aren't the half of this livable, lovable, surprisingly charming city.

MODERN FAMILY You don't have to be a traveler to enjoy the Modern Hotel's hospitality. It hosts an annual hotel-room art crawl, an indie film festival, and summer campfire story hours featuring authors and a fire pit. themodernhotel.com

RECIPE FOR SUCCESS Give Isabelle Krake an A+. The home-schooled high schooler used Kickstarter to launch a healthy, vegan-conscious bakery-for her final project. Two years later, Boise's Bakery is going strong. Kids today! beewisegoods.com

**GRAND SLAM** Story Story Night's monthly themed story parties give locals a 10- to 15-minute spotlight to share personal tales in front of a live audience. Not in the area? Tune in to the free podcast. storystorynight.org

GO NUTS Downtown's City Peanut Shop is a snacker's delight, serving fresh batches of unexpected sweet, savory, and spicy flavor combos—think cinnamon almonds, lime-curry cashews, and chili-cherry mixed nuts. And on first Thursdays: beer pairings with local breweries. citypeanut.com

MIND MATTERS Love this: creativity boot camp. The folks at Bricolage boutique, gallery, and workspace host weekly meet-ups for people looking to exercise their right brains or break out of ruts. Think analog craftivities, team challenges, and lots of mind games. bricoshoppe.com

VOICE OF SEASON Peaceful Belly Farm's dirt-todinner experience is as local as it gets. Farmer Josie Erskine often performs live opera, the sunset serves as ambience, and regional wines complement the farmgrown food. peacefulbelly.com ■

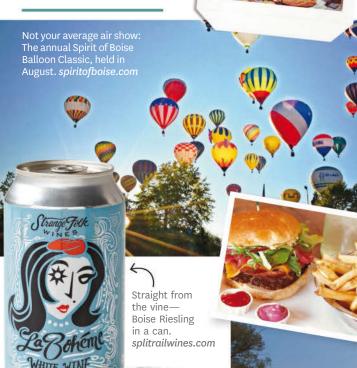
At Boise Fry Co. it's all fries all the time. Pick from six types of potatoes served four different ways. boisefrycompany.com



Locals are nutty for

City Peanut Shop.

You're saying it wrong: Locals pronounce it BOY-see, not BOY-zee.

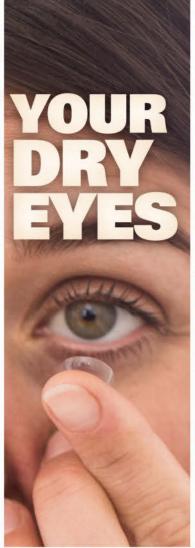


Outfit your own adventure at Backcountry Pursuit, an outdoor gear consignment shop. backcountrypursuit.com

Peaceful Belly Farm knows how to elevate the alfresco experience. Meals are timed to the sunset, and a live aria is dinner music.









It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease**:

- Dryness/itching
- **▶** Burning/stinging
- Feeling like something is in your eye
- Sensitivity to light
- **▶** Blurry vision
- Problems wearing contact lenses
- Watering eyes

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.

# TAKE ACTION NOW

- with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- TAKE a brief questionnaire eye doctors use to assess Chronic Dry Eye, and SHOW the results to your eye doctor.







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YOUR BEST BEAUTIFUL™

BY JOLENE EDGAR

**SHOP GIRL** Winnie, who spent half of her life in Hawaii, opened Warm in the spring of 2012 with her photo-agent husband, Rob Magnotta, as an ode to their collective love of surf and skate culture, fashion, travel, and style.

MALIBU TO LE MARAIS "My icons are the real Cali girls of the late '60s, early '70s. They had the whole beachy, skater, peasant thing down authentically. A friend of mine coined the phrase 'surf in Paris.' That's my kind of style—urban beach."

**GLOW AND TELL** "I'm all about looking dewy and glowy—without much makeup. For workdays, I give my lips and cheeks a rosy sheen with McBride Beauty X Wax + Cruz Pink Moon Balm or Vaseline Lip Therapy Rosy Lips and swipe on Eyeko's Original Mascara Wardrobe." \$20; mcbridebeauty.com. \$2.49; Target stores. \$38; eyeko.com.

SUMMER PLAYLIST "Sun Blows Up Today" (The Flaming Lips), "West Coast" (Coconut Records), "Let's Go Surfing" (The Drums), "California Sun" (Ramones), "Santa Monica" (Everclear).

"What's better than real-life rosecolored glasses?" The Nite Shift in Crystal Peach with Rose Gradient, \$56; crapeyewear.com

"We escape to Costa Rica as often as possible for family surf trips. Bliss!" "Every piece in my home and in the store is something I genuinely love."

Design element: Indego Africa Peace Basket, \$75; in store at Warm and indegoafrica.org "This fragrance oil smells like the beach musky and salty." \$40; warmny.com



"These sandals are cool and comfy." \$128; in store at Warm

STYLE SPOTTERS

Pedicure pick: Deborah

deborahlippmann.com

Lippmann Nail Color

in Fashion, \$18;

The best oils, sunscreens, and soaps. More on Winnie's beauty routine:

BHG.com/
Winnie





# THE Cleansers

BY ELLEN MILLER

# 3 RULES FOR...

# washing your face

SPENDING MORE DOESN'T NET BETTER RESULTS Remember, this is a product you literally wash down the drain. "Cleansers spend very little time in contact with your skin, compared to serums and moisturizers," says Dendy Engelman, M.D., a dermatologist in New York City. While some amazing high-end cleansers certainly contain cool ingredients, smell great, and leave skin feeling soft, they won't change your skin—that's what treatments and creams are for. After price, consider what kind of cleanser best matches your skin type. Anyone can use a cleansing oil, cream, or micellar water (a new watery product you apply with a cotton round). If you're dry, avoid charcoal cleansers or anything that foams a lot. If you're acne-prone, go for a gel that contains salicylic acid.

- DON'T OVERDO IT Double cleansing—using an oil to melt off makeup followed by another face wash to eighty-six pollutants—is a thing right now. Also popular: All manner of electronic exfoliating gadgets and gizmos. "There's certainly nothing wrong with either," Engelman says. "I use a skin brush myself. But you have to figure out what your skin can handle." Over-cleansing removes the skin's natural biofilm—the layer that helps keep it soft. Here's a test to see if your cleansing routine is right for you: After rinsing, skin should feel supple, not squeaky clean. If it's the latter, switch to just one moisturizing cleanser and limit exfoliation to twice a week.
- NO EXTREME TEMPERATURES If the water you're using is too hot, it can cause serious dryness. Go too cold and it will close up pores, meaning your cleanser can't evict blackheads from their hiding places. Lukewarm is just right, Engelman says. Massage cleanser onto skin with circular motions. The "up and out" direction can actually help prevent pimples and clogs.

# 5 COOL CLEANSERS



Nourishing Cleansing Oil Deverse Appeared September 1 Appeared September

# DID YOU KNOW?

Cleansing skin thoroughly can help the ingredients in your serums and moisturizers penetrate more easily, boosting effectiveness.









1 CHARCOAL Bioré Pore Penetrating Charcoal Bar, \$6.49; drugstore.com
2 OIL Garnier Clean + Nourishing Cleansing Oil, \$7.99; ulta.com
3 MICELLAR WATER Boots Botanics All Bright Micellar 3-in-1 Cleansing Solution, \$7.49; target.com
4 FOAM Lumene Bright Touch Refreshing Cleansing Foam, \$10.99; cvs.com 5 CREAM Nourish Organic Moisturizing Cream Face Cleanser, \$13.99; nourishorganic.com ■

# Tool box

# Extra, extra!

These all-new accessories help amp up your regimen.

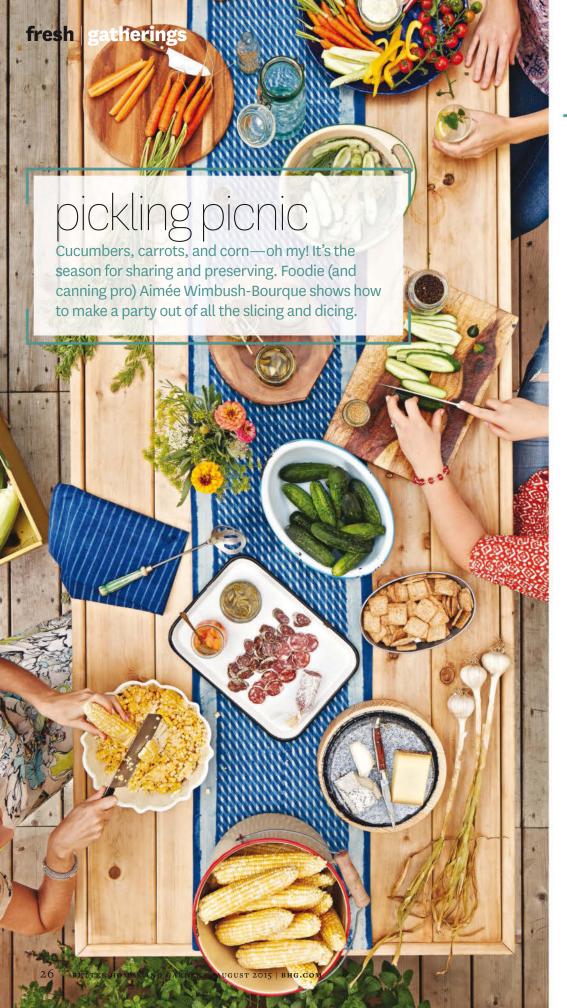
**BRUSH** Gently remove dead skin cells with the Clarisonic Mia 1 in Mai Tai. \$99; clarisonic.com

KONJAC SPONGE Infuse skin with brightening konjac root with Boscia Konjac Cleansing Sponges. \$15 each; sephora.com

TRAVEL WIPES Simple Skincare Micellar Makeup Remover Wipes get the job done while you're on the go. \$7.99; target.com







# THE EXCUSE

Summer produce is at its peak, and gardens are overflowing. Now's the time to pickle, preserve, and freeze so you can enjoy the bounty all year.

# THE METHOD

Pick some produce (or stop by a farmers market), then set up assembly-line workstations.

# THE DRINK

Homemade lemonade can be prepared ahead to quench thirst.

# THE NIBBLES

Fresh veggies, cheeses, salami, and crackers served on platters keep things simple.



# THE HOST

Aimée Wimbush-Bourque, a Montréal-based cookbook author and food blogger (simplebites.net).

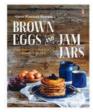


# fresh | gatherings



# THE DETAILS

- 1 Mildly minty lemon balm lemonade is Aimée's signature summer cooler. She makes a batch of concentrate and freezes it in ice cube trays so she doesn't have a lot of prep on party day. 365+ Wine Glass, \$1.49; IKEA stores
- 2 An assembly line makes light work of classic garlic dill pickles. "One person measures ingredients, while others wash, slice, or pack jars," Aimée says.
- 3 Whipped berry butter—a blueberry topping for toast, scones, and crepes—looks yummy (and ready for gift-giving) in cute jars. Tulip jelly jars, \$13.55 for six; weckjars.com
- 4 "I love to send guests home with a little something to remember our time together," Aimée says of her fresh herb wreaths. Once dry, the herbs (rosemary and thyme among the mix) can be snipped and used in recipes.



Aimée's new cookbook, Brown Eggs and Jam Jars (Pintail; \$25), inspires garden-to-table cooking with recipes for every season.



# Can you tell what's in your dog's food?



Some brands add red dye.



We add red apples.

Unlike some dog foods, we don't use artificial color. Instead, we put 5 real fruits and veggies in every bag. Turns out red and green apples, sweet potatoes, cranberries, green beans, and peas provide plenty of color, naturally.

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# home 10 things

IT'S OK TO BE SHORT ON SPACE. Just don't be short on

creativity—or skinny margaritas. That's Betsy Bracken's advice. When she moved into a sweet little cottage in Cardiff-by-the-Sea, California, Betsy brought along smart strategies to make it feel just right. The biggest game-changer: Think outside the house.

"Having an outdoor living space is a whole new world for me—and for my dog," former condo-dweller Betsy says with a laugh. But she wasn't about to settle for a patch of patio separate from the house. Instead, she let nature come in and gatherings flow out by trading the picture window in her living room for folding glass doors. They open to a new deck that connects to the patio, upgraded with a table and chairs into an alfresco dining spot.

Inside, Betsy added storage for great function and meaningful decor for rich character. She picked up some of the pieces at flea markets and on buying trips for her home decor and lifestyle store, Bixby & Ball. Others are inherited gems. "My place is full of my favorite things," Betsy says.





# 1 LET IT FLOW

A tight palette and repetition of materials create a comfortable, easy flow that's important in a small space. Think cohesively, but throw in a few surprises, such as the orange tray, to avoid a matchy-matchy look.

# 2 SWATCH AND LEARN

Think small-house palette and you probably think airy, space-expanding white. Betsy doesn't stop there: Soft greens connect inside and out, and bursts of vibrant color add a happy zing.



3 DEMAND MORE IKEA cabinets,

above and opposite, pack a lot of storage into not a lot of space. Betsy also sings the praises of expandable furniture pieces, like the kitchen table, which unfolds to seat six.

# 4 KICK UP THE CURB APPEAL

Little design details add big style: A charming fence and swath of plantings separate the curb and house, *right*. A flagstone path defines the entrance; a small dormer adds stature.





# 5 PICTURE YOUR ESCAPE

Betsy replaced the living room window with accordion doors, left. "The space feels much bigger now," she says. A glass coffee table and leggy furniture keep things airy; colorful fabrics pump up the pretty.

Painting the living room built-in white, below left, makes it blend into the wall. The fireplace surround, below, once a dark granite, is now gray limestone.

# **TELL YOUR STORY**

"I want pieces in my home that are meaningful," says Betsy, greatgranddaughter of a Ball jar company founder. She has both a killer collection of jars and great memories of the annual family reunion in Leland, Michigan. "I've never missed a summer in my 35 years," she says. Her mom's side of the family "lives" with her, too: Betsy inherited the brass shell table, left, from her other set of grandparents.



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#### home 10 things

"Be intentional and thoughtful with every furniture and decor choice. IN A SMALL SPACE, everything should have a purpose and be functional or meaningful to you."

**Betsy Bracken** 





#### SPLUNG. (A LITTLE) **SPLURGE**

Betsy's big splurge was a powder-coated metal shower door in her bath, left. It's custom, but the wow look of old factory windows was worth it, especially because you can see into the bath from anywhere in the small house.

**STAY FOCUSED** In the bedroom, above, a modern metal canopy frame is a functional focal point. It draws the eye up and around the room without blocking sight lines or adding a lot of visual clutter.

#### **MAXIMIZE SPACE**

Watch our videos to uncover the secrets to living large in your small space. BHG.com/SmallHome

#### home 10 things



#### 10 SHOWCASE

A picture rail that runs through the house adds architectural interest and allows Betsy to easily hang her art. The geranium painting over the bar cart was a \$20 flea market find.

"I don't have many square inches in my house, but I LOVE EVERY ONE of them."

**Betsy Bracken** 

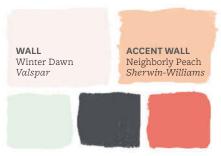
For complete buying information: BHG.com/Resources











TRIM, ACCENTS (left to right): Dewy (Sherwin-Williams), Blue Coal (Valspar), Coral Reef (Sherwin-Williams)

PASTEL PUSH As the old adage suggests, orange and blue are opposites that naturally attract. This appealing look employs a livable pastel orange as an accent wall. Deep navy is a crisp salute, especially in high gloss. "Try it on the doors," Khristian says.



ACCENTS (left to right): Orange Nut (Valspar), Gentle Touch (Clark & Kensington), Soot (Benjamin Moore)

GO FOR GOLD Another compelling way to use orange is with its color-wheel neighbors: golds and yellows. Pick hues with similar intensity, such as these strong midtones. "I could see it with gray-washed woods and bright white furnishings," Khristian says. ■



"Orange can be energetic and vibrant, or calming and soft, like an element of nature."

WHAT'S NEW Color and pattern expert Khristian A. Howell, whose new Form+Fxn e-design service helps homeowners revamp their own space, loves using these soft mango shades in her room

## transformations. PRETTY PASTELS

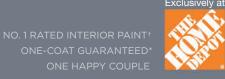
"Pastels are super hot right now, and these hues let you bring in the trend without feeling like you're living in an Easter egg. For just a kiss of color, pick a shade and use it in an accent textile or interesting paint treatment. I'd love to see it on a ceiling in an ombré effect."

TOASTY "These shades bring such warmth to a space, and it can be fun to just saturate the room with an orange glow. Layer in yellows and golds, copper and brass, and rich dark woods."













#### **PROJECTS GALORE!**

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#### center of attention

The hub of your home will look great and function even better with these simple solutions and storage tricks.

- **1. ROLL OUT** Attach heavyweight casters to the legs so you can move your island wherever it's needed.
- **2. PERFECT FIT** Mount closet rod brackets and a dowel to keep paper towels in easy reach.
- **3. SEPARATE SPACES** Organize wire racks, trays, and cutting boards with tension rods. The best part? The rods can be rearranged easily.
- **4. DOWEL POWER** Trim dowels to fit this hole-y basket for a perfect grab-and-go plate (or napkin) solution. Clear Storage Basket, \$9.99; bedbathandbeyond.com
- 5. BASKET CASE Have some items you'd rather not put on display? Tuck them in baskets with cute labels. ■

#### MAKE THIS ISLAND

You can get a custom island in a weekend or less with a few off-the-shelf basics. Get the full how-to. BHG.com/BlueIslandDIY

For complete buying information: BHG.com/Resources











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#### home | decorating



#### LIVING LARGE

Maxwell has a few tricks to keep rooms from closing in. First, he gives each space at least three sources of light. "The same space with more light in it will instantly feel bigger," he says. "You'll get the feeling of all the room you actually have." Second, he stains floors dark—coffee bean, espresso, or even black—and paints walls white. "The contrast creates the illusion of more space, and then you have freedom to incorporate some color," he says. (He doesn't go crazy with color, though. His general guideline: Use color on about 20 percent of the surfaces in a room.) Third, he removes as many doors as possible to create better flow. "Doors can make spaces feel confined and closed up," he says.

Curtains and roller shades are Maxwell's "dimmer switches" to create light-filtering ambience in the living room, *above*. A space-smart demilune table, *right*, holds favorite pieces from family and friends.









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#### home | decorating



"I love open shelves because everything is **RIGHT IN FRONT** of me. I don't want to dig for things I use every day."

**Maxwell Ryan** 

Maxwell believes in balancing budget finds with splurges. The moppable Swedish rug, left— which Maxwell calls "bulletproof"—was a splurge. But the restaurant-style stainless-steel shelves, subway tile, and paint delivered big impact on a dime.

An old crock filled with leafy branches, below, is less fussy (and longer-lasting) than most cut flowers. It also reflects Maxwell's "European modern" style. "In Europe, they're good at mixing old and new so effortlessly," he says.

#### FUNCTION AND STYLE

An avid cook, Maxwell remodeled his kitchen for efficiency. "I don't have anything in my kitchen that is only decorative," he says. "I keep it very organized and use every last thing." The space also shows Maxwell's design smarts. After removing upper cabinets, he painted the walls black and the lower cabinetry white for high contrast. He replaced the old laminate countertops with Carrara marble and used white subway tile left over from another project for a backsplash. A compact butcher-block island serves as command central.



# DISHING IT OUT POOLSIDE WITH YOUR BFF



Sometimes, the little things last the longest.





#### home | decorating



#### KEEPING THE CALM

"Balance is so important when decorating. because symmetry and order help establish a sense of calm," says Maxwell (*left*, with his daughter, Ursula). Furniture and art are his main ways to achieve that. In his bedroom, he placed tables, lamps, and his mom's paintings on both sides of the bed. A grayish-purple feature wall was his shake-things-up surprise. "It's calming and works with the other colors in the house," he says. ■



For complete buying information: BHG.com/Resources



CAUTION: Federal (USA) law restricts this drug to use by or on the order of a licensed veterinarian.

CAU IDM: redate (USA) raw resolves used by the property of the wables for oral administration to dogs and purpose according to their weight. Each chewable is formulated to provide a minimum afourbane dosage of 1.14 mg/lib (2.5 mg/gl). Afooclaner has the chemical composition 1-Naphthalenezarboxamide, 41/5 (3-Athors-E-fruithouromethy) shemyl-1, 5-dihydro-5-(trifluoromethy) 3-isovazoly) 1-N-12-oxo-2 (12.22-trifluoromethy) (alminojethy).

Introducerryjaminupumy.

Indications:
NexGard Mills abilit fleas and is indicated for the treatment and prevention of flea infestations.
NexGard Mills abilit fleas and is indicated for the treatment and control of Black-legged tick (hoodes scapularis), American Dog tick (Democratic Felics) and the treatment and control of Black-legged tick (hoodes scapularis). American Dog tick (Democratic Felics) and the scapularis of tick (Pelinscentor verifabilist) tones Star tick (Anthlyomen americanum) and Brown dog tick (Philosophalis scapularises) indicates in dogs and purpless 8 weeks of age and older welgling 4 pounds of body weight.

Dosage and Administration: NexGard is niven orally according en orally once a month, at the minimum dosage of 1.14 mg/lb (2.5 mg/kg).

#### Dosing Schedule:

| Body<br>Weight     | Afoxolaner Per<br>Chewable (mg)                     | Chewables<br>Administered |  |  |
|--------------------|---|---------------------------|--|--|
| 4.0 to 10.0 lbs.   | 11.3  | One                       |  |  |
| 10.1 to 24.0 lbs.  | 28.3  | One<br>One                |  |  |
| 24.1 to 60.0 lbs.  | 68  |                           |  |  |
| 60.1 to 121.0 lbs. | 136   | One                       |  |  |
| Over 121.0 lbs.    | Administer the appropriate combination of chewables |                           |  |  |

NexGard can be administered with or without food. Care should be taken that the dog consumes the complete does, and treated animals should be observed for a few minutes be ensured that the dog consumes the complete or refused. If it is suspected that any of the dose has been lost or if womining occurs within two hours of administration, redose with another full dose. If a dose is missed, administer NexGard and resume a monthly dosting schedule.

Treatment with NexGard may begin at any time of the year. In areas where fleas are common year-round, monthly treatment with NexGard should continue the entire year without interrupt

To minimize the likelihood of flea reinfestation, it is important to treat all animals within a household with an onroved flea control product

Tick Treatment and Control: Treatment with NexGard may begin at any time of the year (see **Effectiveness**). Contraindications:
There are no known contraindications for the use of NexGard.

Warnings:

Not for use in humans. Keep this and all drugs out of the reach of children. In case of accidental ingestion, contact a physician immediately.

Precautions:
The safe use of NexGard in breeding, pregnent or lectating dogs has not been evaluated. Use with caution in dogs with a history of seizures (see Adverse Reactions).

Adverse Reactions: In a well-controlled US field study, which included a total of 333 households and 615 treated dogs (415 administered afoxolaner; 200 administered active control), no serious adverse reactions were obs with NexGard.

Over the 90-day study period, all observations of potential adverse reactions were recorded. The most fro A more yearly private an uncervation or premise aboves Petitions were recorded. The most frequent reactions reported at an incidence of 1.5 Within any of the three months of observations are presented in the following table. The most frequently reported adverse reaction was vinning. The occurrence of vinniting was generally self-limiting and of short furtiently and refused to describe with subsequent does in hoth groups. Five treated dogs experienced anorexia during the study, and two of those dogs experienced anorexia during the study, and two of those dogs experienced anorexia with the first does but not subsequent drosse.

|                                   | Treatment Group |           |                     |           |
|-----------------------------------|-----------------|-----------|---------------------|-----------|
|                                   | Afoxolaner      |           | Oral active control |           |
|                                   | N¹              | % (n=415) | N²                  | % (n=200) |
| Vomiting (with and without blood) | 17              | 4.1       | 25                  | 12.5      |
| Dry/Flaky Skin                    | 13              | 3.1       | 2                   | 1.0       |
| Diarrhea (with and without blood) | 13              | 3.1       | 7                   | 3.5       |
| Lethargy                          | 7               | 1.7       | 4                   | 2.0       |
| Anorexia                          | 5               | 1.2       | 9                   | 4.5       |

Number of dogs in the afoxolaner treatment group with the identified abnormality.

Number of dogs in the attoxilated treatment group with the identified abnormality. "Number of dogs in the control group with the identified abnormal seture on the same day after receiving in the US field study, one dog with a history of sectures experienced a seture on the same day after receiving the scord does of NeaGard. This dog experienced a stitul secture one week after receiving the third dose. The dog remained enrolled and completed the citury, Another dog with a history of sectures had a seizure 19 days after the third dose of NeaGard. The dog remained enrolle and completed the study. A hird dog with a history of sectures received NexCard and experienced on sectures. and completed the stu throughout the study.

unuuguou une suuy.
To report suspected adverse events, for technical assistance or to obtain a copy of the MSDS, contact Merial
at 1-88-857-245 for <u>www.merial.com/neugard</u>. For additional information about adverse drug experience
reporting for animal drugs, contact FDA at 1-888-FDA-VETS or online at <a href="http://www.tda.gov/Anima/Veterinary/">http://www.tda.gov/Anima/Veterinary/</a>

Mode of Actions:

Monolaner is a member of the isoxacoline family, shown to bind at a binding site to inhibit insext and arazine ligand-gated choinine channels; in perficular those gated by the neurotransmitter gamma-ammobutyric acid (IRSAR), thereby blocking pre-and post-synaptic transfer of chrischios our corsus cell membranes. Prolonger altowaler-induced hyperexication results in uncontrolled activity of the central nervous system and death of insexts and actaines. The selective bucily of admalanter between incests and actaines and mannels may be inferred by the differential sesoitarily of the insexts and actaines' GABA receptors versus mammalian GABA receptors.

sensitivity of the insects and sacriner GABA receptors versus mammalian GABA exceptors. "Hereforewers."
In a well-controlled laboratory study, NexGard began to kill flees from hours after initial administration and demonstrated -95% effectiveness a eliquith hours. In a separate well-controlled laboratory study, NexGard demonstrated 100% effectiveness against adult flees 24 hours post-infestation for 35 days, and was 25% effectiveness to post-infestation to post-infestation to 55.5 to they 28, NexGard was 811 % effective 12 hours post-infestation. Dogs in both the headed accounted groups that were intested with flees on Day -1 generated flee aggs at 12-and 24-hours, post-indentation. Post-indentation began in the control dogs, at 12-and 24-hours, respectively lik statistication of the sense of the s

997%, and 99 %, respectively.

Olloctively, the data from the three studies (two laboratory and one field) demonstrate that NorGard bills fleas before they can lay eggs, thus preventing subsequent flea infestations after the start of treatment of existing flea infestations.

In well-controlled laboratory studies, NorGard demonstrated >97% effectiveness against Demacentor variability, 94% effectiveness against Anotes capaliaris, and >33% effectiveness against Ripipicephalus sangunesus. 49 hours post-infestation (NorGard demonstrated >97% effectiveness against Amblyonma americanum for 30 days.

effectivess against Anthylomia almercamum vno vuege. Animal Safety. In a margin of safety study, NeiGard was administered orally to 8- to 9-week-old Beagle pupples at 1, 3, and 5 liness the maximum exposure dose (6.2 mg/ng) for three treatments every 26 days, followed by three treatments every 14 days, for a total of six treatments. Days in the control group were sham-dosed. There were no clinically-release infects related to treatment on physical examination, body weight food consumption, clinical pathology flematology, crimical chemistries, or capulation tests, gross pathology, histopathology or organ weights. Vorming coursel throughout the study, with a smillar inclinace in the treated and control groups, including one dig in the 5s group that vinitied from hours after treatment.

groups, including one dog in the local group land volunteer room loads after becament, in an a well-controlled field study, NexGard was used concomitantly with other medications, such as vaccines, antheimintics, antibiotics (including topicals), steroids, NSAIDS, anesthetics, and antihistamines. No adver-reactions were observed from the concomitant use of NexGard with other medications.

Storage Information:
Store at or below 30°C (86°F) with excursions permitted up to 40°C (104°F).

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NacSard is available in four sizes of beef-lievored soft chewables: 11.3, 28.3, 68 or 136 mg afouolaner.

Each chewable size is available in color-coded packages of 1, 3 or 6 beef-lievored chewables.

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1050-4493-03

Rev. 1/2015



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#### **IMPORTANT SAFETY INFORMATION**

NexGard is for use in dogs only. The most frequently reported adverse reactions include vomiting, dry/flaky skin, diarrhea, lethargy, and lack of appetite. The safe use of NexGard in pregnant, breeding or lactating dogs has not been evaluated. Use with caution in dogs with a history of seizures.

1. Data on file at Merial.

2. Data on file at Merial.

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From the makers of FRONTLINE® Plus.

# 3 things you didn't know your TV could do

Choose one with Internet access, and you'll enjoy all kinds of great connections.

Here's how to take advantage of a smart TV's best features.

BY SUZANNE KANTRA



Today's Internetenabled TVs offer more than streaming movies and the latest video uploads; they amp up some of your favorite electronic activities.

#### Show your photos and

VICEOS When you want to share an important event or trip, it's no fun to crowd around a small computer screen. Instead, show photos and videos on a big-screen smart TV. Many new TVs have apps for sharing services, such as iPhoto and Flickr, but if yours isn't supported, there are other easy ways to create a digital photo display.

You can connect your phone or camera to your TV with an HDMI cable or pop the SD card out of your camera and into the slot in your TV. You can also connect your smartphone wirelessly to your smart TV. If your phone and TV are made by the same manufacturer, you simply select the screen-sharing option. Otherwise, you can download an app, such as iMediaShare (free for iOS and Android), onto your phone, and turn on DLNA (sometimes called Wi-Fi Direct) on your TV for sharing.

2. Help you get fit skip working out to a DVD. Now there's something better: live exercise classes in your home. Sites such as wello.com, powhow.com, and

trainerly.com offer a schedule of classes including yoga, kettlebell training, and ballet where you can view the instructor in action on your smart TV. With some online-based services, the instructor can see you

through your webcam and correct your form. You can even sign up for personal training sessions. Some classes are free, but on average, group classes cost \$5–\$15; personal training sessions start at \$20.

All you need to start this type of workout is an HDMI cable to connect your laptop to your TV—same idea as connecting your cable box or Blu-ray player. Have your BFF in another city sign up, too, and it's as if you were taking the class together.

3. Connect your family Sure, you're used to using Skype on your laptop or your smartphone, but there's an advantage to using your smart TV for video chats. The video cameras and microphones in mid-range to high-end TVs are specifically designed for the distances most people sit from their televisions. You and your family can relax on the sofa and talk to a life-size image of Grandma, and she'll be able to see and hear each of you.



#### **Home smarts**

We can't wait to share the smart ideas and cool products in the 2015 BHG Innovation Home, the tech-savvy house we recently built in Mequon, Wisconsin. See it in our October issue; get even more info on innovation online. *BHG.com/InnovationHome* 

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# DIGA Little DEEPER

**Traditional Plant Breeding and Biotechnology** 

VOL. 4 FOOD/NUTRITION

Thanks to the combined efforts of many groups in agriculture, farmers today have access to a wide variety of solutions to help grow crops more sustainably. Two of these solutions are traditional plant breeding and genetic modification (also called biotechnology). Together these solutions are helping farmers have better harvests while using water and other important resources more efficiently.

Traditional plant breeding is a centuries-old practice that helps produce new and better varieties of plants. Basically, a breeder crosses the male (pollen) of one plant with the female organ of another. Ideally, the resulting offspring plant carries genes that reflect the best qualities of both parent plants – such as the ability to grow better in certain environments, improved taste, more nutrition, or a better texture and vibrant color. Most crops, including lettuce, peppers, broccoli, strawberries and other produce, are still bred this traditional way.



2 Genetic modification is the process of taking a favorable quality, or trait, that helps a living thing flourish in nature, like an ability to use water efficiently, and adapts that trait to a plant. In this way, the plant can better survive its environment – such as a disease-resistant genetically modified papaya introduced after a virus killed half the

existing papayas in Hawaii. Many genetically modified plants are able to thrive successfully in places where moisture is scarce, or soil quality is challenged – providing a vital way to grow enough food in areas where farmers face growing challenges.

Both traditional plant breeding and genetic modification of crops have the goal of creating a new and better variety of plant. And both play a vital role in helping farmers have better harvests, so a balanced meal can be more accessible to all.

### Food for thought:



About 97% of U.S. farms are operated by families.

Since the practice of agriculture began,

#### EIGHT TO TEN

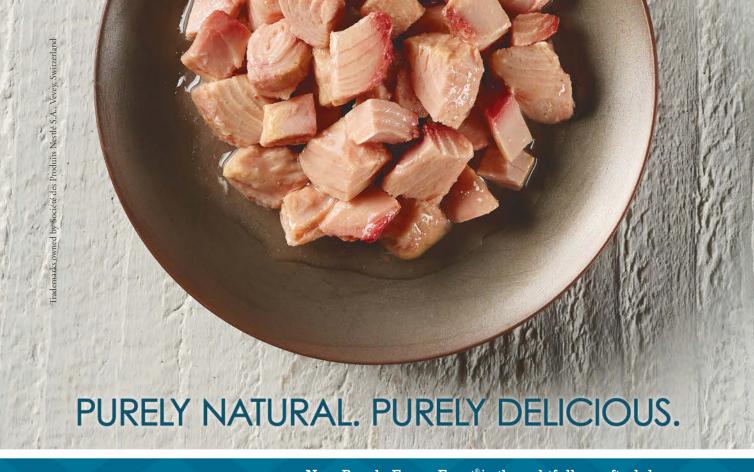
thousand years ago, farmers have been altering the genetic makeup of the crops they grow.



Current commercial genetically modified crops in the U.S. include: corn, soybean, cotton, canola, sugarbeet, alfalfa, papaya and squash.



# home plantings **AUTUMN CHARM** Blooms shift from cream to russet in fall. Variegated foliage. 14-18 inches MARINA Blue-green foliage takes on a bold purple cast in summer. 10 inches **POOL PARTY** Late summer heat turns these flowers pink, making a splash above aqua foliage. 18 inches **HOT STUFF** This cutie's blooms open bright pink on tightly mounded plants. 10 inches ORBIT BRONZE Pink blooms and stems glow in contrast to deep bronzy-brown leaves. 14 inches super sedums sturdy succulents. And new hyb produce showier blooms than e BY MARTY ROSS | PHOTOS LAURIE BLACK



New Purely Fancy Feast<sup>®</sup> is thoughtfully crafted down to the smallest detail. Each entrée is made with real chicken, seafood or beef—natural ingredients, plus vitamins and minerals—and never any by-products or fillers. It's Purely delicious.



LOVE IS IN THE DETAILS

Fancy Feast Appetizers are now Purely Fancy Feast. Everything she loved about Appetizers, now in a natural, complete and balanced meal for adult cats.



**SEDUMS** are riding the wave of affection for succulents of all kinds. These hardy sun-lovers thrive year after year without any pampering.

## where they shine

IN POTS Sedums of all sizes and stripes are naturals for summer pots, especially if you're forgetful about watering. Bring a few together, right, or combine them with other low-water perennials such as small ornamental grasses and heucheras, or drought-tolerant annuals such as portulaca and lantana.

IN BEDS Use shorter varieties, such as Summer Glory, Ogon, and Cherry Tart, as

groundcovers. Sedums with variegated, bronze, or chocolate leaves (Autumn Charm, Orbit Bronze, and Chocolate Drop are a few of our faves) belong in the front of a border as decorative edging. Taller types provide all-season interest in naturalistic gardens, alongside black-eyed Susans, coneflowers, goldenrod, and native grasses. They also are at home in more formal settings-say, in front of a clipped boxwood hedge.



# Two irresistible flavors



Modern sedums outnumber and outshine older varieties. Hybridizers have been working to produce sturdy plants with lots of showy flower clusters.

PLANTING Spring, summer, or fall—it's always a good time to plant these tough succulents. Start with nursery-grown transplants. Water only until roots establish. In containers, allow soil to dry between waterings.

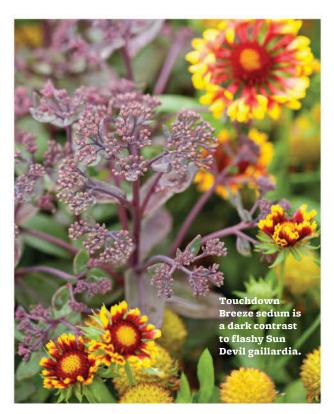
HARDINESS Most species are hardy in Zones 4–9. Several, such as Autumn Charm and Pool Party, are hardy to Zone 3.

**CONDITIONS** Sedums are happiest in full sun and well-drained soil. They'll adapt easily to dry conditions in rock gardens, earning their common name, stonecrop.

SUMMER Older varieties get leggy and split if stems aren't pinched back by half in early summer to promote branching. New hybrids are bushy and stout—they require no pruning.

FALL Sedums are spectacular in spring and summer, but in fall, they're exquisite. Butterflies attracted to their late-season blooms add to their beauty. (Bonus: Rabbits find them distasteful!) No need to cut plants back—flower heads fade gracefully and stay pretty through winter.

**SPRING** Clip off old flower stems. Plants resprout from base.



BETTER HOMES AND GARDENS | AUGUST 2015 | BHG.COM

60

# under 200 calories.

I don't like the way people are looking at us.



#### home | plantings

"Pairing sedums with other perennials is all about mixing textures. Sedums give **FLESHINESS AND GRAVITY** to a design." Dan Heims, owner of Terra Nova Nurseries









# pretty partners

#### 1. BILLOWY CONTRAST

Cloud Walker sedum appears to float among Glow Sticks pineapple lily, Purity coneflowers, and Shockwave phlox.

2. KINDRED KINDS
Drought-tolerant
Hakonechloa Albo-Striata
and coreopsis coexist
happily with Touchdown
Breeze sedum.

#### 3. TEAMMATES

A bright green edging of coreopsis kicks off a powerful color play with purplish brown Touchdown Teak sedum.

4. IN THE PINK
The bright blooms of feathery Pink Sapphire coreopsis give a preview of the evolving latesummer hues in Class Act sedum. ■

#### sources

Bluestone Perennials, bluestoneperennials.com

Terra Nova Nurseries, Inc., terranovanurseries.com for a retailer near you

White Flower Farm, whiteflowerfarm.com

#### DROUGHT BEATERS

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# Freshfiles





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Cook the sugar and water in a saucepan over medium heat until the sugar dissolves, about 5 minutes. Cool completely.

**For mango purée:** Thaw a bag of frozen sliced mango, then purée in a blender with 1/2 cup of the sugar syrup. Strain through a fine-mesh strainer and transfer to a bottle or jar.

**For raspberry purée:** Thaw a 16-ounce bag of frozen raspberries, then purée in a blender with 1/2 cup of the sugar syrup. Strain and store in a bottle or jar.

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#### home gardens

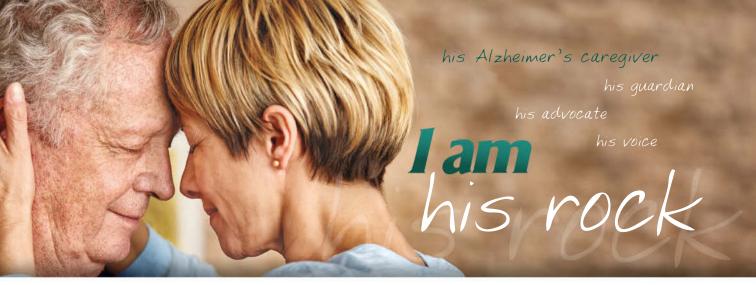


# WITH THE

**EYE OF** an engineer turned glass artist, Linda Ernst observes her small Portland, Oregon, yard with a keen sense for both exuberance and restraint. Add to that her natural skill at combining organic shapes, textures, and colors, and you have the makings of stunning vignettes featuring structure, foliage, and flowers.

Linda uses hardscaping—concrete pavers, gravel, and, in select areas, modern steel edging—to subtly guide the eye through the garden from one focal point to another. In addition to manmade art pieces, Linda places large-leaf species such as *Heuchera*, *Rheum*, *Ligularia*, and hosta throughout the garden as sculptures in their own right. "They're critical to my design style," she says. "I am happy to give up space to them to keep my garden from looking fussy." Leaf by leaf, this gardener has created an outdoor gallery for artwork in its myriad forms.

Low plants, such as variegated yucca, Angelina sedum, and Thuja plicata Whipcord, above, anchor the elegant birdbath without demanding attention.



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Before starting NAMENDA XR, talk to the healthcare provider about all of the patient's past and present medical conditions, including:

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If the patient is taking other medications (including those without a prescription), ask the healthcare provider if NAMENDA XR is right for the patient.

 Certain medications, changes in diet, or medical conditions may affect the amount of NAMENDA XR in the body and possibly increase side effects.

#### What are the possible side effects of NAMENDA XR?

The most common side effects associated with NAMENDA XR treatment are headache, diarrhea, and dizziness. This is not a complete list of side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of full Prescribing Information, including Patient Information, for NAMENDA XR on reverse side.







Brief Summary
of Important
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NAMENDA XR [Nuh-MEN-dah Eks-Are]
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Extended-Release Capsules

This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.

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NAMENDA XR is a prescription medication used for the treatment of patients with moderate to severe Alzheimer's disease.

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- Tell your healthcare provider if you are pregnant or planning to become pregnant.

This section summarizes the most important information about NAMENDA XR. Talk to your healthcare provider for more information.

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### home | gardens





Bold color choices in both furniture and flowers energize the patio, *above*, while maintaining the scene's relaxing vibe.

Bowles Golden sedge sparkles in summer when paired dramatically with Heartthrob viola, hardy Impatiens omeiana, and a chartreuse hosta.

#### home gardens



## how to create garden moments

**EMPHASIZE PLANTS** Layering allows the eye to pause on individual plants. A ruffled edging of Green Spice heuchera, αbove, steps up to *Primula vialii*, Sedona coleus, fiery red dahlia, and delicate *Hakonechloa*.

**HEIGHTEN DRAMA** Use pedestals to lift art pieces above plantings to the best viewing level. Linda also uses low-voltage lighting to accent sculptures and containers for evening enjoyment.

**BE INTENTIONAL** Unify container choices throughout the garden. Groupings of one container color, for example, allow the contents to shine. The same is true for plants—mass flowers of one species, such as black-eyed Susans, *αbove right*.

**USE PUNCTUATION** Plants can be architectural, too. Giant silver mullein, *right*, forms an exclamation point among salvia and bearded iris. ■

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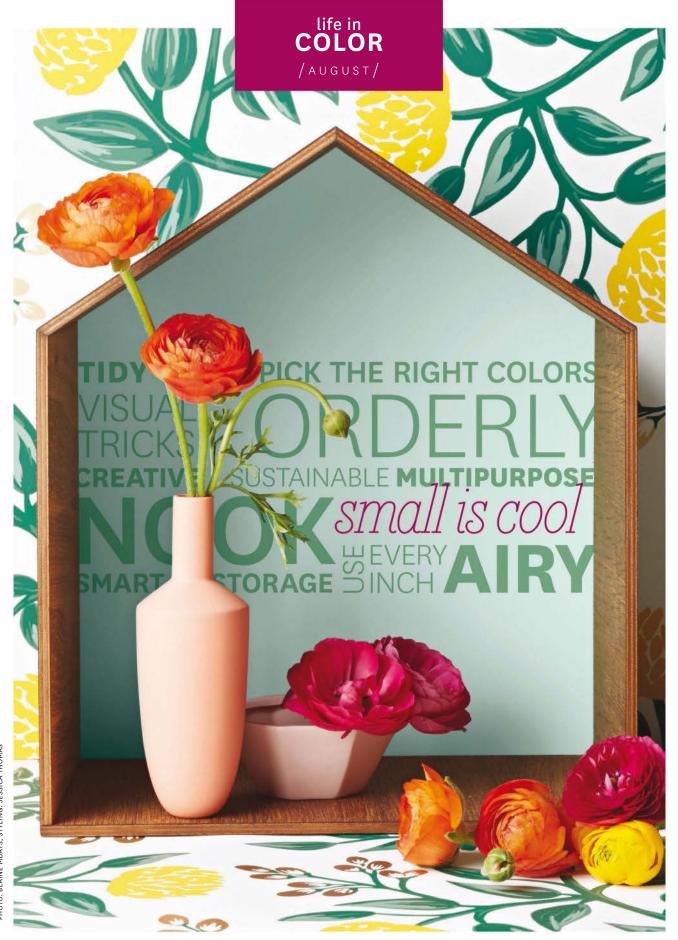


PHOTO: BLAINE MOATS; STYLING: JESSICA THOMAS







"A no-wasted-space home meant giving a lot of consideration to how we live," Jennifer says. A small-scale sectional maximizes seating in the living room, left. Roll up the map, and-surprise!there's the TV. A wall of built-in shelves extends storage for books Jennifer loves to share. Jennifer's office, below, snugs into the living room. Concrete floors make life with pets-and family members with asthmaeasier. In the kitchen, opposite, shallow shelves and a barn-style door (made from cypress left over from the living room ceiling) create a spaceefficient pantry.

aste is a four-letter word for Jennifer Mathis. She cringes at individual-size yogurt cups, preferring one large container that her two teen girls can spoon out. Peek in her pantry, and you'll see shelves lined with reusable glass jars stocked with bulk items from a small local grocer. "I think our family really believes it's important to be aware of what we use," Jennifer says. "If you don't need something, let it go."

For Jennifer and her husband, Mike Cline, letting go also applies to square footage. The couple built their dream house—a downsized three-bedroom in a sustainable development near Charleston, South Carolina—and have been savoring its handle-everything stealth ever since. "Every space is functional and gets used," Jennifer says. The open layout provides small escapes, such as a built-in desk on one side of the living room and the screen porch where homework is often done. "We like being around each other, so the flow keeps everyone close even if they're doing their own thing," Jennifer says. High ceilings make rooms seem larger, while exposed ductwork that gives the home a modern edge kept building costs down. "You can put a lot of personality into simple spaces," says Jennifer, who has always had a knack for design.

Having right-sized the house, the family now enjoys the trickle-down. There's more time for riding bikes, for growing (and picking) greens from the garden beds to make salads for dinner, and for Mike to play his guitar on the patio. "We're happy with less," Jennifer says.













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"I WANTED TO MAKE EVERY INCH OF SPACE LIVABLE. MY GOAL WAS TO LIVE OPTIMALLY, AND WE ACHIEVED THAT. IT'S A GOOD, HAPPY HOME."

**Jennifer Mathis** 



The master bedroom, opposite, is on the main level for easy access when the couple is older. The stenciled wall is Jennifer's low-budget, high-style alternative to wallpaper. Upstairs, the girls' 10×12-foot bedrooms maximize space with lofted beds (doable thanks to high ceilings) and builtin desks. Maya can chill on the sofa in her sitting area, above left. A chalkboard wall is an erasable canvas for artistic Elsa, left. Jennifer and Mike enjoy quiet moments on the gravel patio, above. "Gravel definitely makes it low-key," Jennifer says. "It's permeable, costeffective, and casual." ■





# Girls' Dight OUTSIDE

When Nashville stylist Ruthie Lindsey invites friends for dinner, it's a potluck of creativity. Guests all bring their talents to the table in a hip Music City enclave.

BY AMY PALANJIAN | PHOTOS DAVID TSAY | STYLING RUTHIE LINDSEY | RECIPES AND FOOD STYLING EMILY B. HALL





flowers, rustic linens, and her grandmother's tableware. With the artsy East Nashville neighborhood buzzing with talent, there's no shortage of creativity. Guests pitch in with



hand-drawn menus, Southern-inspired food, handmade favors, and live music (this is Nashville, after all). Laid-back collaboration is how Ruthie likes to entertain, and outdoors is her favorite venue. "I'm happiest when I'm in nature," the Louisiana-raised farm girl says of her preference for alfresco dining. About five years ago, Ruthie started decorating her

home as an outlet to deal with the trauma and chronic pain stemming from a car accident. Now, her design talent is both her therapy and her job, parties being her specialty and passion. "I love to give people the chance to connect with one another," Ruthie says. "Anything I can do to foster community and connection makes me happy."





## "I love to highlight as many **LOCAL ARTISTS AND FRIENDS** of mine as possible. They are all so incredibly talented." Ruthle Lindsey



#### **SHOW YOUR BFFs SOME LOVE**

Ruthie tucks flowers and recipes into gift bags featuring guest Emily Howard's friendship rings (considerthewldflwrs.com).

#### **LET FRIENDS TAKE CENTER STAGE**

Liza Anne (lizaannemusic.com), a rising star on the Nashville music scene, shares a song before dessert.

#### PERSONALIZE THE PLACE SETTINGS

Guest Jessie Pickren (hewandco.com) adds her hand-drawn place card menus, providing a thoughtful touch.



Dessert is Lemon Meringue Tarts to share, made by Rebekah Turshen, Ruthie's friend and dessert maven at Nashville's popular City House restaurant. ■

"IT'S MORE THAN A PRETTY PARTY.
I want to create an environment where everyone feels welcome." Ruthie Lindsey





Sure we made that word up.

But here are a few words we didn't.

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UNIQUE IN EVERY WAVE"





# The ILLUSIONIST

Designer Kelly Keiser stretched every inch—and every dollar—to transform her tiny San Francisco apartment. Here's how she outfitted the space to maximize style and storage.

BY PAIGE PORTER FISCHER | PHOTOS JOHN MERKL | STYLING JOE MAER





#### **BEHIND**CLOSED DOORS

Kelly's workhorse Martha Stewart cabinet (homedecorators.com) holds paper supplies for the stationery line she's creating.



# THINK SOFT Layer curtains over blinds: These DIY panels were made from \$5-a-yard duck cloth.

#### STAY ORDERLY

In a small space, Kelly recommends a neat gallery wall, *above*, in a mix of white and wood frames. She swears by IKEA's Ribba frames. "They come with white mats and look so much more expensive than their \$13 price tag," says Kelly, who fills hers mostly with favorite fashion images from magazines.

#### **ADD DETAILS**

Kelly needed lots of function from her furniture, but she wanted it to have style, too. "If I buy what I call 'cheap and cheerful furniture' to perform a job, the first thing I do is change hardware to make it look more expensive," she says. She outfitted this white cabinet, above, with Home Depot pulls that she painted gold.

#### LAYER LIGHT

Kelly has nine lamps in a small space. "It may seem like a lot, but lamps are colorful and sculptural, adding style, and also layer the light," she says. "The fastest way to change the look of a small room is to turn on different lamps to create a different ambience."











#### **NEUTRAL,** SIMPLE FLOOR

"I have a rule about rugs in small spaces, and that is to keep them neutral," Kelly says. She likes adding texture like this jute.

#### PRIORITIZE SPACE

Because she sacrificed her only closet to gain a bedroom, Kelly needed a place to keep her hanging clothes and shoes. She gave up a few square feet in her breakfast nook for a pair of IKEA wardrobes, above, an inexpensive alternative to a custom closet.

#### THINK DRAWERS

Kelly opted for wardrobes with drawers, above right, because she relies on them for easy access in a small space. "I organize my life by drawers," she says. "If you keep all 'like' things in one drawer, you never lose anything."

#### PARED PAIRS

Kelly loves fashion, but she limits her shoe collection to what can fit on these sliding racks, above, far right, which keep shoes together and tidy. "I have to edit my life to only the things I truly love," she says. "If you go through a season without wearing something in your wardrobe, get rid of it."

#### **PICK MULTITASKERS**

Kelly found a narrow drop-leaf table, *right*, that can open wide for sit-down meals or buffets, move into her living room as an extra (larger) work surface, or tuck into the corner of her breakfast nook to serve as a bar. ■













# BETTER LUNCH IN A SNAP



## **"A crab cake should celebrate** the sweet, succulent flavor of the meat. Less filler and simple ingredients allow it to shine." MALL LEE



CHOOSE THE CRAB Matt and Ted recommend a mix of lump and/or backfin and claw meat. "It's what the savviest Low Country cooks do to approximate the yield from an actual crab," Ted says.



MAKE THE MIX "The ingredients elevate crab's natural flavor without overpowering," Matt says. "Parsley and green onion keep the cakes light and bright in both texture and taste."



PAT INTO PATTIES "The cakes are delicate since there are minimal binders," Ted says. "A round cutter makes forming the cakes a breeze, and a 30-minute chill helps them keep their shape."



**COAT THE CAKES** "Panko creates a wonderful contrast of textures—moist on the inside and a little crisp on the outside," Matt says. "A light coat is all you need to create delicious browning."



COOK TO GOLDEN "Don't crowd the skillet," Matt says. "You want ample room to flip. And if you crowd the pan, you'll bring down the temperature of your skillet and the cakes won't brown as well."



FINISH IN THE OVEN "Since the cakes cook in batches, we warm them all in the oven at the end with a pat of butter." Ted says. "Butter adds just a little extra decadence and goes so well with crab."

#### Classic Crab Cakes

A little squeeze of lemon before serving brightens the cakes and brings out even more flavor. Matt and Ted also recommend serving with tartar or hollandaise sauce.

HANDS-ON TIME 50 min. TOTAL TIME 1 hr., 25 min.

 $1\frac{1}{2}$  lb. cooked crabmeat

- 6 Tbsp. mayonnaise
- 1 Tbsp. Dijon-style mustard
- 1 cup panko bread crumbs
- ½ cup finely chopped Italian parsley
- 2 green onions, finely chopped
- 2 cloves garlic, minced
- eggs, lightly beaten
- 1 to 2 Tbsp. peanut or canola oil
- 1/4 cup unsalted butter
- 1. Place crabmeat in a large mixing bowl, pinching through the pile with your fingers to find any bits of shell and break up large pieces. Add mayonnaise, mustard, ¼ cup of the bread crumbs, parsley, green onions, garlic, 1 tsp. kosher salt, and 1 tsp. freshly ground black pepper; fold to combine. Add eggs; fold to combine.

  2. To form cakes, on a tray pat about ¼ cup mixture into a 2½-inch round cutter. Lift cutter off. Repeat to form 16 cakes. Cover with plastic wrap, pressing lightly. Chill at least 30 minutes.
- **3.** Preheat oven to 350°F. Place remaining bread crumbs in a shallow dish.
- **4.** In a 12-inch skillet heat oil over mediumhigh heat. Lightly coat both sides of 4 cakes in bread crumbs; add to skillet. Press lightly with a spatula; cook 1 to 2 minutes per side or until golden brown. Transfer to a shallow baking pan. Repeat with remaining cakes, adding more oil, if necessary. Top each cake with a slice of butter; bake 5 minutes. Sprinkle with *paprika*. Serve with *lemon wedges*. Makes 16 crab cakes. EACH CRAB CAKE 128 cal, 9 g fat, 74 mg chol, 314 mg sodium, 3 g carb, 9 g pro.





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#### GROWING UP IN CHARLESTON,

South Carolina, Matt and Ted Lee were never far from fresh crab. "We lived on blue crabs—those iconic American crabs of the East Coast," Matt says. "As kids we were often just a few blocks from luring a fresh crab or two, and we ate them every which way."

But even if you aren't close enough to net fresh crab for yourself, you're in luck. "You can get good crab nationwide," Matt says. "Look for refrigerated tubs or cans of pasteurized crabmeat, available at most grocery stores year-round. In a pinch, you can use shelf-stable canned crab and mix it with pasteurized, but we don't recommend using it 100 percent in this crab-forward version of crab cakes. It tends to be drier and have a tinny flavor."



#### MORE FROM THE LEE BROS.

Watch Matt and Ted explore the rich food and culture in cities throughout the South on their new TV series, Southern Uncovered with the Lee Bros. (Sundays on Ovation). They also have three cookbooks, including their most recent, The Lee Bros. Charleston Kitchen. Learn more: mattleeandtedlee.com



#### **GNOCCHI CANTALOUPE FETA SALAD**

Prepare one 17.6-oz. package shelf-stable gnocchi according to directions. Drain. In a skillet cook 12 oz. sliced andouille sausage over medium heat until browned; transfer to bowl with gnocchi. Add 4 cups chopped cantaloupe. In a blender combine 4 oz. crumbled feta cheese, ½ cup water, and 2 Tbsp. olive oil; blend until smooth. Season with salt and pepper. Pour over gnocchi; toss. Chill 30 minutes. Top with basil. Makes 4 servings.



#### **PICKLED CANTALOUPE SALAD**

In a large bowl combine ½ cantaloupe, peeled, seeded, and thinly sliced; 1 serrano chile pepper, stemmed and sliced; ½ cup chopped tomato; and ½ cup toasted walnuts. In a small saucepan heat ⅓ cup cider vinegar, 3 Tbsp. sugar, and ½ tsp. salt. Cook and stir until sugar is dissolved. Bring to a simmer. Pour over cantaloupe mixture; let stand 20 minutes, stirring occasionally. Serve over 2 cups cooked farro with burrata cheese. Makes 4 servings.

#### new ways with

### cantaloupe

#### **SMOKY SWEET & SOUR CANTALOUPE**

In a large nonstick skillet cook 5 strips thick-cut smoked bacon until crisp. Transfer bacon to paper towels to drain; reserve 1 Tbsp. drippings in skillet. Crumble bacon. Cook 1 sliced medium red onion in reserved drippings over medium heat until tender. Add ½ cup Asian sweet chili sauce, 2 Tbsp. rice vinegar, 4 cups cubed cantaloupe, and crumbled bacon; heat through. Serve over hot cooked rice. Top with coarsely chopped cashews. Makes 4 servings.

#### CANTALOUPE, PROSCIUTTO & ARUGULA CLUB

Arrange 4 oz. prosciutto in a single layer on parchment. Bake in 350°F oven 10 minutes or until crisp. In a small bowl stir together ½ cup mayonnaise with ¼ cup mild harissa sauce. To assemble sandwiches, spread 12 slices of toasted, thin sandwich bread with mayonnaise-harissa mixture. Top 4 slices with thinly sliced cantaloupe, prosciutto, and baby arugula. Repeat layers. Secure with picks. Makes 4 sandwiches.







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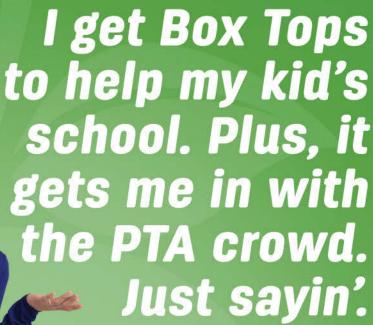
#### WHAT YOU NEED

- 1 lb. boneless top sirloin steak, about 1 inch thick, trimmed of fat
- ½ cup water
- 1/2 cup apple cider
- 1/4 cup Worcestershire sauce
- 1/4 cup balsamic vinegar
- ½ tsp. crushed red pepper
- 1/4 cup honey

- 1. Place steak in a resealable plastic bag. Add water, apple cider, Worcestershire sauce, vinegar, and crushed red pepper. Seal bag. Marinate 20 minutes, turning occasionally.
- 2. Heat a large skillet coated with *nonstick cooking spray* over medium-high heat. Remove steak from bag, reserving marinade. Season with *salt* and *black pepper*. Cook 12 minutes, turning once, or until desired doneness. Remove; keep warm.
- **3.** For glaze, add marinade and honey to skillet; whisk to combine. Bring to boiling. Boil gently, uncovered, about 7 minutes or until reduced to  $\frac{1}{3}$  cup. Serve glaze with sliced steak. Makes 4 servings.

**EACH SERVING** 286 cal, 5 g fat, 68 mg chol, 384 mg sodium, 34 g carb, 1 g fiber, 26 g pro.





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#### WHAT YOU NEED

- 4 6-oz. firm whitefish fillets, such as cod, halibut, or flounder, rinsed and patted dry
- 1 Tbsp. canola oil
- 6 Tbsp. butter
- 2 fresh jalapeño peppers, stemmed, seeded, and cut into thin strips
- 1/4 cup snipped fresh basil
- 1 lime, cut into quarters
- **1.** Brush fish with oil. Sprinkle lightly with *salt* and *pepper*. For a gas or charcoal grill, grill fillets on the greased rack of a covered grill directly over medium heat 4 to 6 minutes per ½-inch thickness or until fish flakes easily when tested with a fork, turning once.
- 2. Meanwhile, for jalapeño butter, in a large skillet heat butter over medium heat. Add jalapeño; cook and stir 5 minutes or until tender and just beginning to brown.
- 3. To serve, top fish with basil and jalapeño butter. Pass lime wedges. Makes 4 servings.

EACH SERVING 419 cal, 31 g fat, 148 mg chol, 370 mg sodium, 2 g carb, 1 g fiber, 33 g pro.

#### WHAT YOU NEED

- 6 oz. dried fettuccine pasta
- 2 medium zucchini, cut into thin ribbons with a vegetable peeler
- 3 cups arugula
- 4 cup sliced pepperoncini peppers (about 4 peppers)
- 2 Tbsp. extra-virgin olive oil
- 1 to 2 cloves garlic, minced
- 1 tsp. lemon peel
- 1 Tbsp. lemon juice
- $1\frac{1}{2}$  tsp. chopped fresh oregano

Cook pasta according to package directions. Place zucchini in a colander; drain pasta over zucchini. Immediately run cold water over to cool. Drain well; transfer to a bowl. Add remaining ingredients. Toss to combine. Season to taste with *salt* and *pepper*. Top each serving with *coarsely chopped almonds*. Makes 4 servings.

EACH SERVING 282 cal, 11 g fat, 381 mg sodium, 37 g carb, 4 g fiber, 8 g pro.



# VELVEETA® Queso Burgers

How do cheeseburgers technically become Queso Burgers? By being topped with a melty mixture of VELVEETA and RO\*TEL® Diced Tomatoes & Green Chilies.

Prep Time: 20 min. | Makes: 6 servings

# What you need:

1.5 lbs. ground sirloin

1 lb. (16 oz.) VELVEETA, cut into 1/2-inch cubes

1 can (10 oz.) RO\*TEL® Diced Tomatoes & Green Chilies, undrained

6 hamburger buns

6 pieces leaf lettuce

1 large tomato, cut into 6 slices

# Make it:

Heat grill to medium heat.

Shape meat into 6 (1/2-inch thick) patties. Grill 4 to 5 min. on each side or until done (160°F). Meanwhile, microwave VELVEETA and RO\*TEL\* in microwaveable bowl on HIGH 5 min. or until VELVEETA is completely melted, stirring after 3 min. Place burgers on bottom halves of buns; top each with 2 Tbsp.VELVEETA sauce. Cover with lettuce, tomatoes and tops of buns.

For more Liquid Gold recipes visit **VELVEETA.com** 

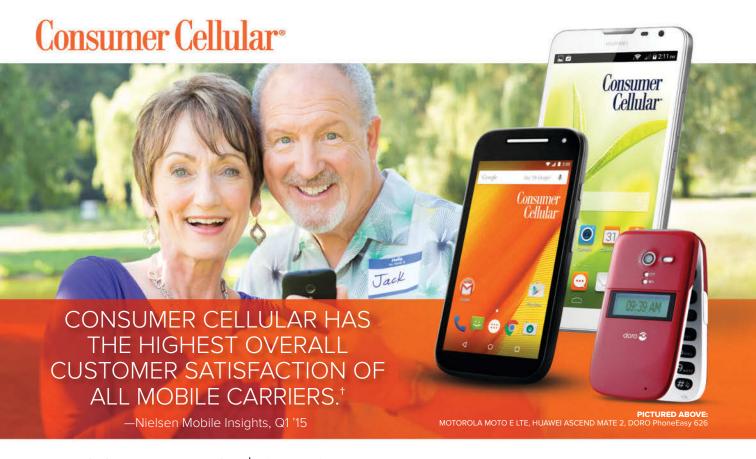




# WHAT YOU NEED

- Tbsp. Dijon mustard
- tsp. honey
- lb. ground turkey
- oz. blue cheese, crumbled
- 1/4 cup finely chopped red onion
- tsp. chopped fresh tarragon
- to 2 tsp. bottled hot pepper
- sandwich buns, split and toasted Lettuce
  - Thinly sliced red onion Fresh tarragon leaves
- 1. In a small bowl stir together the mustard and honey; set aside. 2. In a large bowl combine turkey, half of the blue cheese, chopped red onion, chopped tarragon, and hot pepper sauce. Shape mixture into four patties. 3. For a gas or charcoal grill, grill patties on the greased rack of a covered grill directly over medium heat 12 to 15 minutes or until 165°F, turning once. Serve on buns with remaining blue cheese, lettuce, onion slices, and tarragon leaves. Drizzle with honeymustard mixture. Makes 4 servings. EACH SERVING 390 cal, 19 g fat, 99 mg chol, 944 mg sodium, 26 g carb, 4 g fiber, 25 g pro. ■





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Recipes from our story on page 92

# **Beet-Dyed Deviled Eggs**

HANDS-ON TIME 35 min. TOTAL TIME 1 hr., 40 min.

- 1 large beet, peeled and cubed
- 2 cups water
- 1 cup white vinegar
- 12 hard-cooked eggs, peeled
- ¹/₃ cup mayonnaise
- 2 Tbsp. sweet pickle relish
- 1 Tbsp. whole grain mustard
- 1. In a medium saucepan combine beet, water, and vinegar; bring to boiling. Reduce heat. Simmer, covered, 15 minutes. Remove from heat. Gool completely. Do not drain.
- 2. Place eggs in saucepan with beet liquid. Let stand 10 to 15 minutes. Remove eggs and discard beets and liquid. Slice eggs in half, remove yolks; set whites aside.

  3. In a bowl mash yolks with mayonnaise, relish, and mustard. Pipe or scoop back into egg white halves. Sprinkle with *coarse salt*. Makes 24 halves.

EACH SERVING 61 cal, 5 g fat, 95 mg chol, 69 mg sodium, 1 g carb, 3 g pro.

# Grilled Romaine Salad with Piquillo Pepper Dressing

TOTAL TIME 20 min.

- 1 12-oz. jar piquillo peppers or roasted red sweet peppers, drained (about  $1\frac{1}{3}$  cups)
- 1 cup sour cream
- 2 Tbsp. lemon juice
- 1 head romaine lettuce, cut into quarters
- 1 Tbsp. drained capers
- 1. Combine peppers, sour cream, and lemon juice in a blender. Cover; blend until smooth. Season to taste with *salt* and *pepper*. Chill until ready to serve.\*
- 2. Place romaine on the rack of a covered grill directly over medium heat. Grill 1 to 3 minutes or until charred and slightly wilted, turning occasionally.
- 3. Drizzle dressing over grilled romaine; store remaining. Sprinkle with capers. Makes 4 servings. \*Make ahead Store up to 1 week in the refrigerator. EACH SERVING 53 cal, 3 g fat, 6 mg chol, 265 mg sodium, 6 g carb, 3 g fiber, 2 g pro.



# Grilled Feta-Brined Chicken

HANDS-ON TIME 30 min. TOTAL TIME 9 hr.

- 4 cups water
- 4 oz. feta cheese, crumbled
- 2 Tbsp. dried oregano
- $2\frac{1}{2}$  tsp. kosher salt
- 2 tsp. cracked black pepper
- 2 to 3 lb. skinless boneless chicken thighs
- 1 large lemon, halved
- 1/4 cup olive oilCrumbled feta cheeseAssorted fresh herbs (optional)
- 1. In a blender combine water, the 4 oz. feta, oregano, salt, and cracked black pepper. Cover; blend until smooth. Place chicken in an extra-large resealable plastic bag or container. Pour feta mixture over chicken; seal or cover. Chill 8 hours or overnight.
- **2.** Remove chicken from brine; transfer to a towel-lined tray. Discard brine. Pat chicken dry. Let stand at room temperature 30 minutes.
- **3.** Grill chicken on the rack of a covered grill over medium heat 12 to 15 minutes or until done (170°F), turning once.
- 4. Transfer chicken to a platter. Squeeze lemon over. Drizzle with oil. Season to taste with *salt* and *pepper*. Top with additional feta and herbs, if desired. Makes 6 servings. EACH SERVING 314 cal, 19 g fat, 158 mg chol, 558 mg sodium, 2 g carb, 0 g fiber, 32 g pro.

# Garbanzo Bean & Parsley Salad

HANDS-ON TIME 30 min. TOTAL TIME 1 hr.

- tsp. olive oil
- 16-oz. cans garbanzo beans (chickpeas), rinsed and drained
- 4 stalks celery, finely chopped (2 cups)
- 1/4 sweet onion, finely chopped (1/4 cup)
- lemons, juiced (about ½ cup)
- bunch Italian parsley, stems removed and leaves chopped (2 cups)
- 1/4 cup olive oil
- tsp. ground cumin

- 1. In a large cast-iron skillet heat the 2 tsp. oil over medium heat. Add beans; cook and stir until crisp, about 15 minutes. Cool.
- 2. In a medium bowl combine celery, onion, and lemon juice. Let stand 30 minutes.
- 3. Add cooled beans to celery mixture. Fold in parsley. Add the ½ cup oil and cumin; toss to coat. Season to taste with salt and pepper. Cover; chill up to 24 hours. Stir before serving. Top with feta cheese, if desired. Makes 6 servings.

EACH SERVING 219 cal, 13 g fat, 0 mg chol, 583 mg sodium, 22 g carb, 6 g fiber, 6 g pro.

# Bourbon Strawberry Smash

TOTAL TIME 30 min.

- cups fresh strawberries, hulled and cut up
- 1/4 cup Simple Syrup (below) Juice of 3 lemons (9 Tbsp.)
- 1/4 cup fresh mint leaves
- 18 oz. bourbon  $(2^{1}/_{4} \text{ cups})$
- 2 cups club soda, chilled Crushed ice

In a 2-qt. glass pitcher combine strawberries, syrup, lemon juice, and mint leaves. Using a muddler or a wooden spoon, mash together. Stir in bourbon and club soda. Add ice to fill pitcher. Garnish each drink with additional mint sprigs. Makes 6 servings.

Simple Syrup In a small saucepan heat and stir \(^1/\_3\) cup sugar and \(^1/\_3\) cup water until sugar dissolves. Remove from heat; cool. Cover. Chill up to 2 weeks. Makes ½ cup. EACH SERVING 262 cal, 0 g fat,

0 mg chol, 20 mg sodium, 17 g carb, 1 g fiber, 1 g pro.

# Pimiento Cheese

Ruthie Lindsey likes to welcome guests with this easy appetizer. The whisper of heat comes from banana peppers. Serve with crackers and pepper jelly. HANDS-ON TIME 20 min. TOTAL TIME 4 hr., 20 min.

- 16 oz. aged sharp white cheddar cheese, shredded
- 8-oz. jar diced pimiento, drained
- ½ cup mayonnaise
- 2 Tbsp. shredded or finely chopped sweet onion
- mild or hot bottled banana peppers, drained and finely chopped (2 Tbsp.) Pinch cayenne pepper

In a large bowl stir together all ingredients. Transfer to a storage container. Cover; chill 4 hours or up to 3 days. Makes 31/2 cups. Note: For a smoother consistency, beat with an electric mixer. EACH 2-TBSP. SERVING 157 cal, 8 g fat, 18 mg chol, 256 mg sodium, 14 g carb, 1 g fiber, 6 g pro.

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# Lemon Meringue Tarts

HANDS-ON TIME 1 hr. TOTAL TIME 2 hr.

#### Tart Shells

11/₃ cups all-purpose flour

- ¹/₃ cup granulated sugar
- 2 tsp. finely shredded lemon peel
- ½ cup cold butter
- 2 egg yolks, beaten
- 2 Tbsp. cold water

## Lemon Cream Filling

- 1 egg yolk
- ½ cup sweetened condensed milk
- 1/4 cup lemon juice
- 1/8 tsp. salt

## Lemon Curd

- 3 egg yolks
- $\frac{1}{2}$  cup granulated sugar
- 2 tsp. cornstarch
- 1 tsp. finely shredded lemon peel
- 1/3 cup lemon juice
- 3 Tbsp. water
- 2 Tbsp. butter

#### Meringue

- 4 egg whites
- 1 tsp. vanilla
- ½ tsp. cream of tartar
- ½ cup granulated sugar
- 1 Tbsp. powdered sugar

1. For Tart Shells, in a large bowl stir together flour, the 1/3 cup sugar, and the 2 tsp. shredded lemon peel. Using a pastry blender, cut in the ½ cup cold butter until mixture is crumbly. Add the 2 egg yolks and the 2 Tbsp. water to flour mixture; stir with a fork to combine. Gently knead dough just until a ball forms. Cover with plastic wrap. Chill 30 to 60 minutes or until easy to handle. 2. Preheat oven to 375°F. Divide chilled dough into 12 equal pieces. Press one piece onto bottom and halfway up sides of a 3-inch muffin cup; repeat with remaining pieces. Bake for 10 minutes or until golden. Cool in muffin cups for 10 minutes. Remove shells and transfer to a 15×10×1-inch baking pan. Reduce oven temperature to 350°F.

**3.** For Lemon Cream Filling, in a small bowl whisk together the 1 egg yolk,

condensed milk, the  $\frac{1}{4}$  cup lemon juice, and salt; set aside.

4. For Lemon Curd, place the 3 egg yolks in a bowl; set aside. In a small saucepan stir together the ½ cup sugar and cornstarch. Stir in the 1 tsp. shredded lemon peel, the 1/3 cup lemon juice, the 3 Tbsp. water, and the 2 Tbsp. butter. Cook and stir over medium heat until thickened and bubbly. Remove from heat. Stir about half of the lemon-sugar mixture into egg yolks; add to saucepan. Return to heat. Cook and stir 2 minutes more. Cover to keep warm. 5. For Meringue, in a medium bowl beat egg whites, vanilla, and cream of tartar with electric mixer on medium speed until soft peaks form. Gradually add the ½ cup sugar; beat on high until stiff peaks form. 6. To assemble, spoon about 1 Tbsp. Lemon Cream Filling into each baked crust; top with 1 Tbsp. Lemon Curd. Top each with Meringue, spreading to edges of crusts. Sift powdered sugar over tarts. Bake for 12 minutes or until golden. Cool on a wire rack. Cover; chill 1 hour. Makes 12 servings. EACH SERVING 304 cal, 13 g fat, 122 mg chol, 140 mg sodium, 42 g carb, 0 g fiber, 5 g pro. ■

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pretty healthy

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# Hampton Sun Sunless Tanning Mist The 360° nozzle on this quickdrying formula makes covering tough-to-reach spots a cinch. \$36; net-a-porter.com



Jergens Natural Glow Color Primer, Instant Sun Mousse, Tan Extender This trio preps, self-tans, moisturizes, and extends color. \$8.99, \$11.99, and \$8.99; walgreens.com



St. Tropez Gradual Tan In Shower Lotion This rinse-off lotion builds color over three or four applications. \$25; ulta.com

# **Avoid getting stung**

# Give bees, wasps, and yellow jackets the buzz-off with

jackets the buzz-off with these smart steps from Daniel Fein, M.D., a pediatric emergency physician at The Children's Hospital at Montefiore in the Bronx.

#### SKIP PERFUME AND SCENTED

**LOTIONS** Bees, wasps, and yellow jackets are drawn to floral and sweet smells.

**DRESS TO PROTECT** Don't wear bright colors and floral patterns (which attract bees) in the garden or bee-populated areas.

#### **KEEP CALM AND SLOWLY WALK**

**AWAY** Swatting might cause the insect to feel threatened and sting.

IF YOU GET STUNG... Scrape away the remnants of the stinger with a credit card (squeezing or pinching releases more venom), then wash with soap and water. If you're stung in the mouth or throat, if you wheeze, vomit, or experience tightness in the chest or throat, or if you have trouble breathing or talking, seek medical help ASAP.

-Sharon Liao

health showdown

# Is it better to eat a hot dog or a hamburger at a barbecue?

Bite into the burger. Beef is high in zinc, iron, and protein, says Jessica Cording, R.D., a dietitian in New York City. Most hot dogs are loaded with sodium and also contain preservatives like nitrates that might raise your risk of diabetes and various cancers if you eat them too often. Just keep tabs on portions: Stick with 3 oz. meat (about the size of your palm) and pile on fresh veggies like lettuce, tomato, and cucumber slices. You can add cheese, too—just skip other high-cal add-ons like bacon and avocado (which is healthy but caloric). If you're grilling at home, use 90-percent-lean beef.

—Sharon Liao



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family time

# Camp's in!

Spending summers at sleepaway camp has been a constant in Genna Rosenberg's life since she was 8. So when she heard about the volunteer opportunities at Camp Ronald McDonald for Good Times, a free sleepaway camp for kids with cancer and their families in Tarzana, California, getting involved was a no-brainer. "Summer camp is the ideal place to just be a kid," Genna says. "And I want to show my kids that anyone could find themselves in this situation, so it's important to be there for others." Come summer, Genna, husband Danny, and kids Leni (6) and Brayden (2) spend much of their free time at the camp doing activities like painting or blowing bubbles with the kids. Genna and Danny are also year-round ambassadors, but camp is where Genna's heart lies. "While it was scary to be away from my parents at such a young age, I learned to have the courage to try new things on my own," she says. "Kids who are battling cancer should have a chance to be brave for fun experiences, not just their treatments." -Lambeth Hochwald

# Pet project Happy trails Simplify feeding pets on the road: This three-in-one bowl allows you to store food and water and then converts into spill-proof dishes. The lid becomes an extra food bowl with a saucer rim, which can be filled with water to block ants. \$29.99 for small and \$39.99 for medium; sleepypod.com/yummy

fit tools

# **Now playing**

Sweat to the beat with one of these fitness-friendly headphones.

- 1. LUV BUDS The comfy foam tips come in XS, S, and M, and an attached microphone lets you talk as you walk. \$14.99; chichuds.com
- 2. PLATTAN ADV Fast-forward or rewind music and pick up calls via a built-in mic and remote on the cord (which attaches to either side). The fabric headband cover comes off so you can wash it. \$60, \$100 for wireless; urbanears.com
- **3. SOUL ELECTRONICS PULSE** A lightweight cable wraps around your ears so the buds stay put, and the onebutton control lets you change the music easily. \$49; soulelectronics.com
- **4. RUNPHONES** The headphones are built into a moisture-wicking and washable band, so there's no worry about ear pieces falling out. \$39.95, \$99.95 for wireless; *runphones.com*

— Karen Asp ■





# ack a car kit

BY LESLIE GOLDMAN

110

Water-, dirt-, and rip-resistant, this sturdy box stays put and folds flat to store. \$34.99; containerstore.com

THE FIXER No jack, spare, or extra tools required. Fix-A-Flat Ultimate 1-Step Flat Tire Repair Kit, \$29.97; walmart.com

# A GOOD PAIR Keep sneakers and socks handy so if you break

# down, you have the right gear for walking or changing a tire.



# **HANDS ON DECK**

Stash a pair of garden gloves to protect hands when lifting an overheated hood.



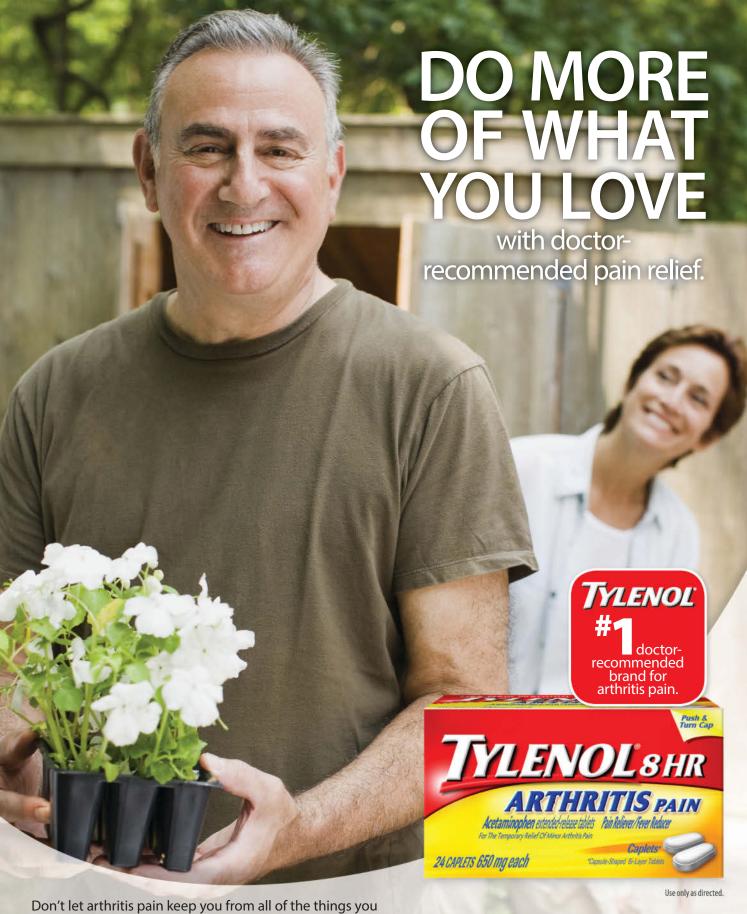
#### 1. MAKE CONTACT Print a list of emergency numbers so you know whom to call ASAP.

- 2. BREAK OUT If you find yourself trapped in the car, a steel window punch breaks through glass, and a (safeguarded) razor blade cuts through seatbelts. CommuteMate Universal Emergency Hammer Window Punch and Seat Belt Cutter 2-Pack, \$29.95; walmart.com
- 3. LIGHT THE WAY Not your average flashlight, the HybridLight 160Y is solar-powered via any light source (with battery backup) and doubles as a charger. \$39.95; hybridlight.com
- 4. HoO TO GO Water is a must, and cartons make storing it easy. \$16 for an eight-pack of half-liter cartons; boxedwaterisbetter.com
- 5. JUICE UP Cell phones are saviors until the batteries conk out; enter the all-purpose, lightweight solar charger. Face the panel toward the sun, plug in your phone (or any USB device), and you're good to go. Fuse 6W Solar Charger, \$129; voltaicsystems.com ■

## JUMP TO IT

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# managing money

# QUESTION

My son spent his allowance but now wants to go to the movies with friends. I don't want him to feel left out.

Should I give him the money?

## **ANSWER**

While you might be inclined to spot him the cash, consider turning this into a teaching moment to help your son be more fiscally responsible. Don't give him the money. You don't need to be overly hard-nosed; empathize with him about missing out, then spend some time helping him problem-solve to prevent this from happening again.

Together, you can map out his spending patterns by thinking through how he usually spends his money over the course of a month. How often do movie or mall outings happen? Does he have his eye on a video game? This will help him create a budget and start saving so he can pace his spending. If you're really concerned about his missing the movie, you could let him do extra chores to make the extra money to pay for it, or give a one-time advance (just be firm when there's a next time).

From the minute you start giving an allowance, you're laying the foundation for how children handle financial matters throughout their lives. You can't—and shouldn't—always bail kids out; figuring out how to bounce back from mistakes is a crucial way kids develop resilience, self-confidence, and sound judgment. Letting your child make his way through the consequences of smaller slip-ups is a great way to learn and avoid bigger mishaps down the road.



**ELIZABETH LOMBARDO, PH.D.**Clinical psychologist and author of *Better Than*Perfect. Find her at elizabethlombardo.com.

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# better | family

media matters

# kids & money

Get a little tech help from these apps and games.



## **Snoopy's Street Fair**

Kids learn entrepreneurship by helping the Peanuts gang put together a street fair to raise money for baseball uniforms. The game involves saving money to invest in and manage new offerings, such as Sally's Lemonade Stand and Lucy's Psychiatrist Services. Free, with in-app purchases; iTunes



#### Green\$treets: Unleash the Loot!

Teach fiscal and environmental responsibility: Kids earn money to rescue endangered animals by planting a garden and keeping a monster from destroying it. Funds can then be used to care for the animals. Free; greenstreetcommons.com



#### **Kids' Money**

A pocket calculator designed to manage money, this app allows kids to save for big purchases by inputting their allowance and gift money, then calculating how long they need to save. Free; appsrocket.com/kidsmoney.html



#### Bankaroo

This virtual bank account allows kids (and parents) to set savings goals and earn badges for reaching them. Parents can also add to the account as kids manage their allowance and expenses. Free; bankaroo.com



# The Game of Life

When kids play the updated app version of the classic board game, they see the value of budgeting and saving in (virtual) action. \$.99; iTunes



#### **Savings Spree**

Because the goal is to build a big nest egg, kids learn how to earn and save money, and how daily spending affects a bottom line. \$5.99; msgen.com ■



# **GOT A QUESTION?**

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Make **cantaloupe** balls with a melon baller

# Step 2:

Pour a bowl of **Rice Krispies** 

# Step 3:

Imagine what your kids can create—arrange **blueberries and cantaloupe** in Kaleidoscope design and serve with **milk** 



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# better | family

get crafty

# pop art

Keep dessert carefree with this creamy (and pretty) treat that serves a crowd.



# ingredients

15 chocolate sandwich cookies, crushed

3 Tbsp. melted butter, cooled

One-half of a 1.75-qt. carton chocolate ice cream, softened

One-half of a 1.75-qt. carton vanilla ice cream, softened

½ cup chopped fresh strawberries

One-half of a 1.75-qt. carton strawberry ice cream, softened

## to make

Line a square baking pan (9×9 or 8×8 inches) with waxed paper, leaving edges extended over pan. Stir together cookies and butter; press mixture into pan. Freeze 10 minutes.

Spread an even layer of chocolate ice cream over cookie layer; freeze 15 minutes. Repeat with vanilla ice cream.

Stir strawberries into strawberry ice cream. Spread in an even layer over vanilla layer; freeze 15 minutes. Insert 16 craft sticks, evenly spaced. Loosely cover. Freeze 2 hours or until firm.

Using edges of waxed paper, lift dessert from pan. Cut between sticks into 16 bars. ■



ten best

# national parks

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BY LARRY BLEIBERG
ILLUSTRATION BY SARA FRANKLIN



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  canyon that you can explore in
  a four-wheel drive vehicle with
  a Native American guide. Look
  for ancient cliff dwellings, rock
  paintings, and Spider Rock, an
  800-foot sacred sandstone
  tower. Back at the park's hotel,
  try local fare like fry bread
  tacos and blue corn pancakes.
  nps.gov/cach
- Isle Royale,
  Michigan The adventure
  starts with your ferry or
  seaplane trip out to these
  islands in the northwest
  corner of Lake Superior. Once
  there, you'll find 165 miles
  of hiking trails and boating
  routes; catch your winks by
  camping or staying at the park
  lodge or cabins. nps.gov/isro
- Great Basin,
  Nevada A mountain peak
  topping 13,000 feet and
  a cave tour revealing rare
  marble formations are the
  highlights of this park near the
  Nevada-Utah border. Another
  can't-miss: breathtakingly
  clear night sky views of
  planets and the Milky Way.
  nps.gov/grba
- North Cascades,
  Washington Accessible
  by car or ferry, this gem
  (120 miles from Seattle) offers
  views of 300+ glaciers—more
  than in Glacier National Park.
  Even while hiking, you can't
  help but relax surrounded by
  waterfalls and alpine meadows.
  Kids (ages 3 and up) can
  complete the Junior Ranger
  program. nps.gov/noca
- Badlands, South
  Dakota Prehistoric
  animals once roamed this
  otherwordly landscape of
  soaring pinnacles and twisting
  valleys; a few years ago a
  7-year-old found a quarry of
  saber-toothed tiger skulls.
  Now the park is home to bison
  and to prairie dogs, who'll pop
  out of their burrows to say
  hello. nps.gov/badl

- Cuyahoga Valley,
  Ohio Hike or bike along the
  historic path of the Ohio & Erie
  Canal and catch a glimpse
  of beavers, bald eagles, and
  great blue herons. Do a little
  family fishing at the catchand-release ponds and rivers,
  then get the whole crew
  involved in EarthCaching,
  a treasure hunt using the
  GPS on your smartphone.
  nps.gov/cuva
- Redwood,
  California Surf and turf
  are on offer in this remote
  Northern California spot:
  Beachcomb on 40 miles of
  oceanfront, then head inland
  to see the world's largest
  trees as well as herds of
  majestic Roosevelt elk, which
  nearly went extinct last
  century. nps.gov/redw
- Zion, Utah It's easy to drink in the scenery of this red rock canyon while hiking or on horseback. The more athletic and adventurous (minus young kids) can try The Narrows canyon, where you make your way through the Virgin River, or Angels Landing trail, which runs along a narrow rock, leading to a pinnacle that juts out over the park. nps.gov/zion
- Congaree, South Carolina This Southern, sometimes swampy, home to herons and otters is easily observed from a boardwalk trail stretching more than 2 miles. Or head deeper into the wilderness on a rangerled canoe tour; you might have an alligator sighting. nps.gov/cong
  - Great Sand Dunes and Preserve, Colorado The amazing 75-story dunes (which accumulated over the past 444,000 years) are more than just a sight to see. Rent a sand board or sled to ride the hills, or stage a family footrace down the ever-shifting drifts. Afterward, take a 10-minute drive to Zapata Falls and rinse the dust off. nps.gov/grsa ■



# KITCHENRX

Easy, at-home fixes for everyday ailments—from sunburn to sore muscles.

BY KARYN REPINSKI | PHOTOS BLAINE MOATS | STYLING JENNIFER PETERSON

# dry, damaged hair CONDITIONING HAIR MASK

An avocado-yogurt-honey combo is the perfect remedy for summerstressed hair, says Janice Cox, author of *Natural Beauty at Home*. "Rich in oils, avocados restore moisture and shine," she explains. Use weekly to help repair damage caused by sun, saltwater, and chlorine.

#### YOU WILL NEED

- 1 ripe avocado
- 2 Tbsp. plain yogurt (any type)
- 2 tsp. pure honey
- **1.** Blend ingredients in a shallow bowl to make a smooth paste.
- Massage mixture into damp hair and then cover with a shower cap or old cotton towel
- **3.** Let mixture soak into hair for 20 minutes, then rinse and shampoo.





# yellow teeth BAKING SODA BRIGHTENER

A great option for sensitive teeth, baking soda is gentle enough to use daily to whiten and clean, says Marc Beshar, D.M.D., a cosmetic dentist in NYC.

YOU WILL NEED

## 1/2 tsp. baking soda

## ½ tsp. water

- Create a paste using baking soda and water.
- Dip toothbrush in paste and brush for two minutes. Spend 30 seconds per quadrant: upper right and left, lower right and left.

# RELAXING PEPPERMINT OIL

That cooling effect of peppermint is more than skin-deep; it interrupts the pain signals to your brain, says Tieraona Low Dog, M.D., author of *Healthy at Home*.

YOU WILL NEED

4 Tbsp. almond, grape seed, or sunflower oil Small squeeze bottle or bottle with dropper

# 20 drops peppermint essential oil

- Pour the oil of your choice (almond, grape seed, or sunflower) into bottle, then add peppermint oil.
- 2. Secure lid and shake well.
- **3.** Rub a few drops into temples, forehead, neck, and shoulders, avoiding eyes.



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# better | health

# bug bites

# CALMING TEA BAGS

A frozen tea bag delivers double relief: Cold puts the damper on itching, and compounds in white, green, and black tea called tannins ease inflammation, explains Mona Gohara, M.D., associate clinical professor of dermatology at Yale School of Medicine.

YOU WILL NEED

#### Tea bags

- 1. Lightly dampen tea bags, and store in the freezer (at least overnight).
- 2. Place frozen tea bag on the bite and let sit for 5 minutes.

#### acne breakouts

# EXFOLIATING ASPIRIN PASTE

Aspirin contains salicylic acid, which treats blemishes by exfoliating clogged pores and reducing inflammation, Gohara explains.

YOU WILL NEED

- 1 aspirin, crushed
- 1 tsp. water, or enough to make a paste

Combine aspirin and water to make a paste, then use a cotton swab to dab on blemish. Leave on overnight, then rinse in the morning.

# sunburn

# **COOLING YOGURT**

The proteins in yogurt have an antiinflammatory, soothing effect on damaged skin. Yogurts with a thin consistency will be easier to apply, but any type will work.

YOU WILL NEED

# Enough plain yogurt to cover the affected area

Gently apply to sunburned skin (dab delicately with a soft sponge or use your fingers), let sit for 5 to 10 minutes, then rinse.



# rough skin SMOOTHING BODY SCRUB

Raw sugar exfoliates to give skin a healthy glow. Less irritating than salt, this scrub is gentle enough even for sensitive types. Add a citrus scent for extra refreshment. Use weekly to exfoliate and clarify skin.

YOU WILL NEED

- 1 cup raw sugar
- 1/<sub>4</sub> cup light oil such as sesame, coconut, or almond
- 4-5 drops favorite essential oil or 1 Tbsp. zest of grapefruit, orange, or lemon to add scent
- Mix ingredients and spoon into a clean container with a tightfitting lid if not using immediately.
- Massage a tablespoon or two all over your body to gently exfoliate and moisturize skin, then rinse.





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# better health tired, achy feet REFRESHING FOOT SOAK Give your feet the TLC they deserve. Chamomile tea soothes skin and neutralizes odor-causing bacteria, and lavender oil moisturizes as it relaxes tense muscles. YOU WILL NEED gallon hot water 1. Pour hot water into a small tub or bucket big enough for your feet. chamomile Add tea bags, and steep for about tea bags 4-6 drops essential 2. Add essential oil and fresh flower petals, then test the water to oil of lavender make sure it's not too hot. Fresh flower 3. Soak your feet for 15 to petals 20 minutes. Towel-dry, then massage in a favorite lotion. Chamomile tea can also help scrapes and scratches heal. BETTER HOMES AND GARDENS | AUGUST 2015 | BHG.

Keep aloe in bright, indirect sunlight and water once a week, or when the soil dries.

# minor scrapes and burns PROTECTIVE ALOE VERA

Call it nature's bandage: Aloe vera gel dries to form a barrier that helps speed healing as well as relieve pain and itching.

YOU WILL NEED

# Fresh aloe vera plant

- Cut off a piece of the leaf, remove the spines along the edges, then split lengthwise to reveal the gel.
- **2.** Gently apply a thin layer of gel to the affected skin.

# SOOTHING GINGER COMPRESS

Just as ginger can be a stomach soother, it has an anti-inflammatory effect when applied topically, helping to ease pain and swelling.

YOU WILL NEED

- 1 inch unpeeled ginger root
- 4 cups water
- **1.** Slice ginger, then simmer in water on low heat for 20 minutes.
- **2.** Place a folded piece of cloth into mixture, then wring it out.
- 3. Lay cloth over the joint for five minutes. Repeat three or four times a day. ■



# Jennifer Garner wears sunscreen every day, no matter what the weather says.

UVA rays can pass through clouds, haze, even windows. During your life, the more unprotected exposure you get, the greater your risk of developing skin cancer. In fact, 1 in 5 Americans will develop skin cancer in their lifetime. Protection and early detection are the key to survival.

For sun safety tips and life-saving tools, like a free dermatologist skin cancer screening, self-exam kit and discounts on sunscreen products, go to

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with participation from



# peppers

Hot or not, these veggies add crunch, color, and a shot of nutrients to summer dishes.

BY SARA REISTAD-LONG

# **MOST VALUABLE PLAYERS**

No matter what variety, peppers have an incredibly well-rounded set of benefits. On average, they have one-and-a-half times your recommended daily dose of vitamin C, plus they're a good source of brain-boosting B6, stress-reducing magnesium, bone-strengthening vitamin K, and cholesterol-reducing vitamin E.

## **HUE KNEW?**

The ripest peppers have the most potent antioxidants and nutrients. You can tell ripeness by color, from most to least: red, orange, yellow, green.

# THE HEAT IS ON

Capsaicin is what makes chile peppers spicy, and research shows that capsaicin can be a powerful anti-inflammatory agent, helping to soothe sore muscles. Studies have also linked it to a slight bump in metabolism. And the heat? There's a reason we love it—capsaicin causes your body to release feel-good endorphins.

# pepper prep

High heat zaps the nutrients in this veggie, no matter the color. Preserve the potency by trying them:

RAW Toss slices into salads and pasta dishes.

**SAUTÉED** This requires only brief heat exposure, and the oil will help your body absorb more of the fat-soluble vitamin E.

**STUFFED** Halve the pepper and fill with a mixture of protein-packed cooked quinoa, your favorite veggies, and sunflower seeds or nuts for crunch. ■

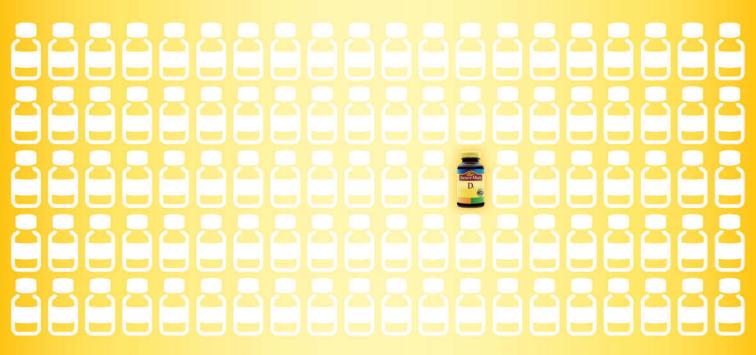
SOURCES: KAYLAN BABAN, M.D., M.P.H., CHIEF RESIDENT PHYSICIAN OF PREVENTIVE MEDICINE AT MOUNT SINAI HOSPITAL IN NEW YORK. GABRIELLE FRANCIS, NATUROPATH, CHIROPRACTOR, AND ACUPUNCTURIST.



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# DESIGN PROFESSIONALS FEATURED IN THIS ISSUE

PICKLING PICNIC, pages 26-28 For more information about Aimée Wimbush-Bourque's book, *Brown Eggs and Jam Jars*, visit Aimée's website, *simplebites.net*.

SEEING THE BIG PICTURE, pages 31–39 Visit Betsy Bracken and Melissa Anderson's store, Bixby & Ball, Solana Beach, California; 858/436-7214; bixbyandball.com. Architect: Greg Castle Architect, Inc., P.O. Box 231364, Encinitas, CA 92067; 619/200-9766; castlearchitect.com. Builder: Treadlight Construction, 5810 Riley St. #4, San Diego, CA 92110; 619/888-4456; treadlightconstruction.com. Landscape and garden design: Annie Chaffin, Annie Garden Design; anniegarden@mac.com.

LUSCIOUS MANGO, pages 40–42 Color expert: Khristian A. Howell; khristianahowell.com.

MR. SMALL SPACE, pages 52–60 Interior designer: Maxwell Ryan, Apartment Therapy; apartmenttherapy.com.

JUST THE RIGHT SIZE, pages 84–91
Design-build firm: David Hill,
architect, and Amy Hill, The Verdi
Group, 1450 Fifth St. W, Suite 300,
North Charleston, SC 29405; 843/4753317; amy@theverdicompany.com;
theverdicompany.com. Interior designer:
Jennifer Mathis, Blue Bowl Interiors,
Charleston area, South Carolina;
j.mathis@bluebowlinteriors.com;
bluebowlinteriors.com.

GIRLS' NIGHT OUTSIDE, pages 92–98 To learn more about Ruthie Lindsey's decorating, designing, and styling projects: ruthielindsey.com.

THE ILLUSIONIST, pages 100–105 Interior designer: Kelly Keiser, Kelly Keiser Interior Design and Decoration, 2269 Chestnut St., Suite 159, San Francisco, CA 94123; 415/567-8818; kellykeisersplendidinteriors.com.

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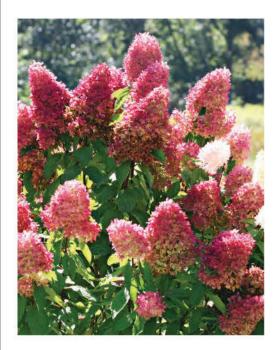
# **RULES FOR SWEEPSTAKES MENTIONED IN THIS ISSUE**

#### DAILY GIVEAWAY SWEEPSTAKES

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iana is 29 years old and works as a sales assistant in Copenhagen. "I have always loved the outdoors and staying in the sun, even without protection. But unfortunately my skin started to show signs of wrinkles already in my 20's, particularly on my forehead, which frustrated me a lot. So much so, that I chose to get bangs.

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Diana, Copenhagen

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# i did it!

"An old school fire alarm I found at a garage sale was the flake that started the whole snowball."

**Corey Decker** 

**AT HOME WITH Corey** Decker in the Tampa area.

HER PROJECT Turn an under-the-stairs closet into a two-story fire station for her sons, Wyatt and Lincoln, by installing paneling that looks like brick and building a platform (complete with a ladder and a pole).

**FAVORITE PART** "A locker room for their gear."

**BEST DIY SKILL** "I think outside of the box."

INSPIRED BY "Disorder. It's like a cry for help."

**HER BLOG** Sawdust 2 Stitches

Share your success story! E-mail photos of you with your latest home project to IDidIt@meredith.com. ■





# kicks grass.

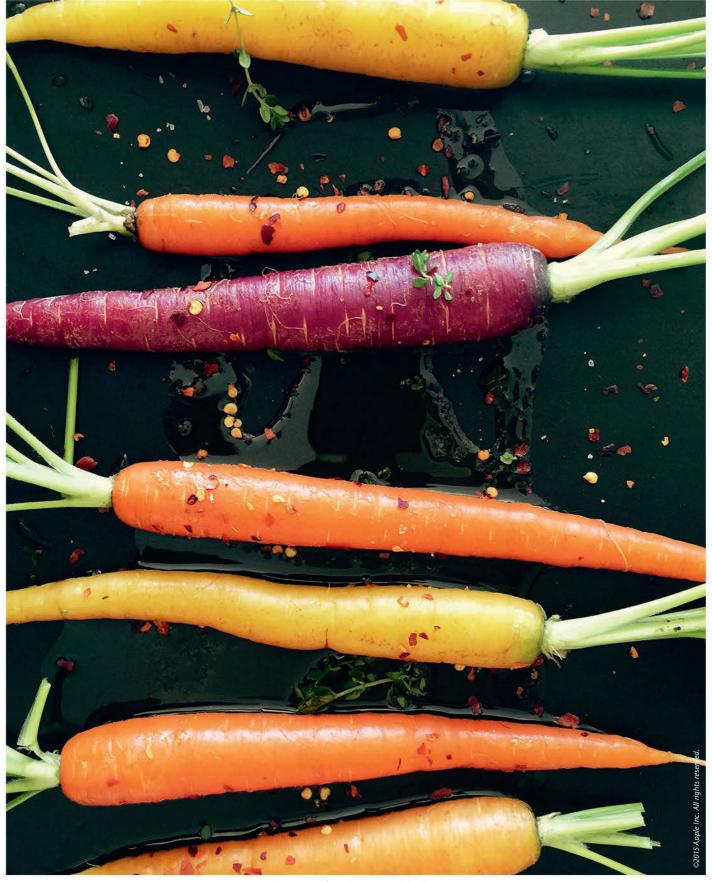


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